

EAT CLEAN AND GET LEAN: DIET & NUTRITION SPECIAL

SHIPE

AUSTRALIAN

**SLIM
SEXY
STRONG**

MELT CALORIES
IN MINUTES

**FULL-BODY
TONE-UP:**

Sleek thighs,
strong arms,
curvy hips

FAD OR FACT:

SHOULD YOU GO
GLUTEN FREE?



THE ULTIMATE GUIDE TO

**EATING
CLEAN**

**FLAT
BELLY
NOW**

HELLO ABS —
IN JUST 3 DAYS!

AUGUST/SEPTEMBER 2015

AFFORDABLE PROTEIN...

that doesn't compromise on



Our Whey Protein Isolate is sourced from New Zealand grass fed, hormone free cows. It is an ideal snack between meals or post workout to aid recovery. Virtually free of fats & carbohydrates and up to 90% protein per serve it is guilt free and amazing value for money!

BUY EXCLUSIVELY FROM [BULKNUTRIENTS.COM.AU/WPI](https://www.bulknutrients.com.au/WPI)

 bulknutrients  @BulkNutrients  bulknutrients

quality!



BRIDGET FREEMAN
PROUD BULK NUTRIENTS AMBASSADOR,
INTERNATIONAL FIGURE CHAMPION
AND MUM OF TWO.

BALANCE YOUR POWER



INCREASE STAMINA
COMBAT FATIGUE
BOOST LIBIDO
BALANCE HORMONES



100% CERTIFIED ORGANIC, PERUVIAN MACA
WWW.FORESTSUPERFOODS.COM.AU

August/September 2015



62

Who will win in the superfood showdown?



ON THE COVER



40

Your guide to eating clean

contents

shape your life

- 16 Fitness**
Change your body in one month; master the box jump; speed rounds.
- 20 Strength & tone**
Proven treatments for back pain; perfect your dead lift
- 22 Nutrition**
New greens on the block; science-backed supps; make your own energy bar.
- 26 Weight loss**
Lose for belly fat for good; add fibre to lose weight.
- 32 Health**
Ideas for a healthy heart; smart ways to beat the bloat; vitamin drinks.
- 36 Inspiration**
How one reader dropped 60kg; plus how to dress once you've lost the weight

features

DIET & NUTRITION
SPECIAL ISSUE

- 40 The ultimate guide to eating clean**
Your two week plan.
- 47 There's something about gluten**
Do you need to go gluten-free?
- 52 Empower lunch**
Great ideas for a better midday meal.
- 56 Fancy, easy, fast**
Speedy meals that'll make your tastebuds do a happy dance.
- 62 Superfood showdown**
Who will prevail?

features

- 68 Discover the Blue Zone**
Why the people of Ikaria, Greece, live for so long.
- 74 Meals for athletes**
Eat like a pro to boost health and performance.

FEATURES

- 82 Flat belly: your 4-week plan**
Follow this strategy backed by science.
- 90 Running strong**
The fit chick's guide.
- 96 Shape-up series - phase 1**
Melt fat and get strong in body and mind.
- 100 Feel the power**
Maintain your mojo.
- 103 Strong and sexy - faster**
Cut your workout in half!
- 106 Do anywhere workout**
It's tough, but it's totally worth it.
- 112 Pump up your run**
Burn more; firm more.
- 114 Get a better butt**
Give your backside a boost with these booty-ful moves.
- 120 The healing power of touch**
Why certain sensations have major physical and psychological benefits.

in every issue

- 10 5 of the best**
- 12 Hot list**
- 14 What's on**
- 111 Subscribe**
- 102 SHAPE loves...**



82

A flat belly in four short weeks!

**thank you
cushy
comfy
concrete**



thank you Glycerin 13

Thank you Super DNA midsole for the ultimate adaptive cushioning. Your ideal Pressure Zones disperse impact for a plush ride while the 3D Fit Print upper gives a sublime, glove-like fit. Learn more at brooksrunning.com.au

thank you running

"One cannot think well, love well, sleep well, if one has not dined well"

– Virginia Woolf

There's a rule about getting into shape. It's the 80/20 rule – that is, 80 percent nutrition and 20 percent exercise. Basically, if you want to look and feel great, 80 percent of your results will be determined by the food that you put in your mouth.

That's why we decided to bring you this diet and nutrition special issue. Because you can work out like a champion, but if you're not eating right, you're not going to get the results you are working so hard for.

It's more than just recipes for healthy meals. (Although there are plenty of them, too!). It's about creating new habits that can improve your diet every day. It's about learning from others in the know and understanding diet trends and whether they'll work for you. It's about getting to know a wider, more varied selection of fruits, vegetables and wholefoods. And it's about finding out what the fittest among us eat and following suit. I learned a great deal about my own diet from pulling this issue together, and I know you'll get so much out of it, too.

But it's not all food. As always, we have plenty of super-effective workouts that will challenge you and change you. Just remember that you need to fuel your body right, before and after you work out. Follow the advice you'll find in these pages, and you *will* see results. We promise.

Ian Brooks

Editorial Director

ian@shapemagazine.com.au

page 58

page 82

page 114

Next issue

Get ready for your next four weeks with **phase 2 of our Shape-up Series**. Plus, find out how to **eat super-healthy on the cheap**. Feel like you're stuck in a rut? We show you how to **fall in love with your workout** all over again. Only in **SHAPE**. Grab your copy or subscribe today at **shapemagazine.com.au**



Join SHAPE on Facebook
(SHAPE Magazine Australia)

**On sale
Sept 3**



Both the paper manufacturer and our printer meet the international standard ISO 14001 for environmental management. The paper comes from sources certified under the Programme for Endorsement of Forest Certification scheme (PEFC). Please recycle this magazine - or give it to a friend.

SHAPE

ODYSSEUS PUBLISHING PTY LIMITED

ABN 39 122 001 665

Suite 15, Level 2, 174 Willoughby Rd, Crows Nest NSW

PO Box 81, St Leonards, NSW 1590

Tel: (02) 9439 1955 Fax: (02) 9439 1977

Editorial: editor@shapemagazine.com.au

Subscription enquiries: (02) 9439 1955

subs@shapemagazine.com.au

See page 108 for subscription details

Editorial Director

Ian Brooks

ian@shapemagazine.com.au

Deputy Editor Alison Turner

al@shapemagazine.com.au

Art Director Simone Marinkovic

Food Editor Julie Hughes

julie@shapemagazine.com.au

Advertising Enquiries

Advertising Director David Lee

david@shapemagazine.com.au

0410 485 700

Advertising Executive Tim Fernandes

tim@shapemagazine.com.au

0405 983 707

Publishers

Ian Brooks, Todd Cole

www.shapemagazine.com.au

Published 6 times per year. Printed by Webstar.

Australian distribution by Network Services. Tel: 1300 131 169.

New Zealand distribution by Gordon and Gotch: (02) 9625 3000.

Copyright © 2015 Odysseus Publishing Pty Ltd and Weider Publications, LLC. Shape is published under licence from Weider Publications, LLC. All rights reserved. Reprinted with permission.

No part of this publication may be reproduced, translated or converted into machine readable form or language without the written consent of the publisher. Shape is a trademark of Weider Publications, LLC and is used under licence from Weider Publications, LLC and may not be used or reproduced without permission from Weider Publications, LLC. Articles express the opinions of the authors and are not necessarily those of the Publisher, Editor or Odysseus Publishing Pty Limited.

ISSN 1837-2473.

The exercise instructions and advice in this magazine are designed for people who are in good health and physically fit. They are not intended to substitute for medical counselling. The creators, producers, participants and distributors of Shape disclaim any liability for loss or injury in connection with the exercises shown or instruction and advice expressed herein.



The First
All Natural
Thermogenic
Powder

ZERO

ARTIFICIAL FLAVOURS
COLOURS OR
SWEETENERS



GLUTEN FREE



LACTOSE FREE

Specifically designed to support a sustained fat-burning metabolic state and enhance your mood. Give your energy levels a natural boost with potent ingredients, including superior quality Super Citrimax® Garcinia and Carnipure™ L-Carnitine.

Two delicious natural flavours:
Red Apple Crush and Black Forest Berry
with 30 serves per container

horleys.com

HORLEYS

intelligent sports nutrition



1

Pores unplugged

Four out of 10 women feel that their pores are too big. Taking that as a plea for help, we consulted dermatologist Dr Neal Schultz. "Pores enlarge when they're full of sludge, which is technically a clump of dead skin cells and excess oil that's difficult to squeeze out manually," he explains. But chemical exfoliants can dissolve gunk. Look for products with salicylic acid – which gets rid of excess oil – and alpha hydroxyl acids like glycolic acid, which slough away dead skin cells. Dab it on nightly and you'll start to see results in a few days.



5

Dinner's on you

Camp Quality's Dine at Mine campaign is back for a third year, encouraging all foodies to pop on their chef's hat and host their own bespoke dining experience to support children and families living with cancer. For the months of August and September hosts can invite their family, friends, neighbours or work colleagues to a unique and personal dining experience and ask them to make a donation to Camp Quality for their meal. To find out more information or to register to take part, visit dineatmine.org.au.

A healthier heart

Aged garlic extract may help to reverse the fatty deposits around the heart and reduce calcification in our arteries and lowers blood pressure, according to breakthrough research published in the *Journal of the American College of Cardiology*. Most heart attacks are caused by soft plaque in an artery. The research found that people who were given aged garlic extract showed a significant reduction in their soft plaques. Get yours at wagnerhealth.com.au.



Five of the best



3

Get your two a day

Women who eat fewer than two serves of fruit a day face a greater risk of developing depression, University of Queensland (UQ) research shows. UQ School of Population Health's Professor Gita Mishra said the findings of a study of more than 6000 Australian women revealed a clear link between fruit consumption and the development of depressive symptoms. "We found that women who ate at least two servings of fruit a day were less likely to suffer from depression than women who ate fewer servings, even after taking into account other factors such as smoking, alcohol, body mass index, physical activity, marital status and education," Professor Mishra says.



Fitter with him

Sixty-six percent of women whose partner got on an exercise kick also started working out, compared with 24 percent of those whose partners didn't get off the lounge, researchers at University College London, UK, revealed. When you're both working towards the same goal, you always have each other as a source of encouragement and reinforcement for why the sweat is worth the effort. On the other hand, if you're dreading your workout and he's kicking back with a beer, it's going to be a hell of a lot harder to resist the urge to quit.

Raw fermented paleo protein

For those who
go against
the grain

Raw fermented paleo protein is a delicious wholefood formula combining a nourishing sprouted base with fermented seeds and greens. This blend contains superfoods such as Peruvian sacha inchi, fermented spirulina, quinoa and chia, creating a comprehensive paleo-friendly protein. Vegan and grain-free, **Raw fermented paleo protein** provides high levels of amino acids essential for muscle development and body function.



For paleo friendly recipes
follow us @amazoniaco
amazonia.com.au





MACA MANIA

● Forest Super Foods Organic Maca Powder is an all-natural superfood powder that is high in protein for overall muscle health. Containing a range of vitamins and minerals needed for health, it's a great addition to shakes and smoothies. Head to forestsUPERFOODS.COM.AU to buy.



AUSSIE GOODNESS

● The Australian Superfood Co. has launched four tempting new raw bars made with native Australian superfoods – Ancient Rainforest Berry, Desert Tribe Tropical, Lemon Seed Wonder and Wattleseed Husk & Cacao. Each bar is made with a powerful group of fruits and seeds and is rich in vitamins, minerals and antioxidants. Go to austSUPERFOODS.COM.AU for more information or to buy.

THE HOT LIST

Fast & fresh
Your FitBlend
can go with you
anywhere, for
healthy drinks
on the go



IN A SPIN

● The Oster FitBlend is a compact yet powerful personal blender that's been specially designed with fitness in mind. The soft grip rubber wrap and handle is perfect for attaching to your gym bag or bike for fresh drinks on the go, and the one-touch blending action quickly and simply pulverises fresh ingredients into healthy blends to drink whenever and wherever you choose. The powerful 350 watt motor blends smoothies, shakes and protein drinks with ease. Comes with two reusable BPA-free sports bottles. Find out more at osterappliances.com.au.



TEA TIME

● Green Tea X50 contains the goodness of one of nature's finest ingredients – resveratrol. Full of antioxidants, essential amino acids and electrolytes, each serve packs the antioxidant equivalent of up to 20 cups of regular green tea. Comes with a free Accelerated Weight Loss Programme. Head to greenteax50.com.au to find out more.



CHOC & AWE

● Bounce Super Protein Formula in Rich Cacao is a delicious way to satisfy chocolate cravings without the guilt. Rich in antioxidants, a great source of magnesium and rich in minerals including iron, potassium, calcium, zinc, copper and manganese, you can drink Bounce Super Protein Formula in Rich Cacao as a brekkie on the go, after a workout or as a healthy snack between meals. Available now at au.bouncelifestyle.com.



DANCE MAGIC

● Find your edge in the sophisticated new Winter 2015 collection from Energetiks. This new, high-fashion release offers a refined elegance in its classic pieces and bold colour scheme of moonlight shadow, classic blacks and crisp whites, spliced with mesh detailing. Founded in Melbourne in 1988, Energetiks uses fabrics that feature treatments specifically designed for durability – including moisture management, antibacterial properties and specialised designs that conserve energy, enhance performance and maximise endurance and recovery. Proudly made in Australia. Find out more and shop online at energetiks.com.au.



Pioneering superfoods in Australia since 2001...

Power Super Foods® always sources premium quality, high integrity functional superfoods to enhance healthy nutrition, wellness and vitality...



Make your pantry
a **MASTERPIECE** today!



Certified Organic . Fairly Traded . Raw .
Vegan . Paleo . Delicious .



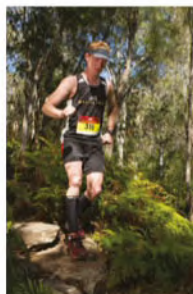
The Art of Healthy Living® ...

Try all of our superfoods!

www.powersuperfoods.com



August



AUGUST 15

Go Natural Multisport

Where: Akuna Bay, NSW

What: tackle a 32km road cycle, 12km flat-water paddle and 14km trail run

More info: maxadventure.com.au



AUGUST 19

The Sun-Herald City2Surf

Where: Sydney, NSW

What: take on the legendary "Heartbreak Hill" in this 14km race from the Sydney CBD to Bondi Beach.

More info: city2surf.com.au



AUGUST 23

Sydney Tower Stair Challenge

Where: Sydney, NSW

What: run, walk or crawl your way to the top of the Sydney Tower Eye and know that your efforts will help to raise important funds for Giant Steps.

More info: active8change.com.au



AUGUST 30

Chevron City to Surf

Where: Perth, WA

What: the Chevron City to Surf Perth has a 42km marathon, 21km half marathon, 12km, 4km run and walk events and a 4km wheelchair event.

More info: perth.perthcitytosurf.com

September



SEPTEMBER 6

Bendingo Bank Coffs Harbour Running Festival

Where: Coffs Harbour, QLD

What: consists of a 21.1km half marathon, 10km fun run, 5km fun run and a 3km family fun run/walk.

More info: villagesports.com.au



SEPTEMBER 13

Amy's Gran Fondo

Where: Lorne, Vic

What: this annual event includes three distance options - 110km, 40km and 14km - and features the Great Ocean Road, which is closed to cars for the race.

More info: amysgranfondo.org.au



SEPTEMBER 20

Blackmores Sydney Running Festival

Where: Sydney, NSW

What: race across the Sydney Harbour Bridge as part of a 42.2km marathon, 21.1km half marathon, 9km bridge run or 3.5km fun run.

More info: sydneyrunningfestival.com



SEPTEMBER 27

Yurrebilla Trail Ultra Marathon

Where: Adelaide, SA

What: Do you have what it takes? Challenge yourself while being surrounded by gorgeous nature.

More info: sarcc.asn.au

October/November



OCTOBER 22-25

Cape to Cape MTB

Where: South West Region, WA

What: this four-day, 210km stage race is set to an iconic backdrop of world-famous beaches, private farmland and national parks.

More info: capetocapemtb.com



OCTOBER 25

Walk for Prens

Where: nationally

What: the annual Walk for Prens will take place in seven major cities across Australia to raise much-needed funds in support of families of premature or sick babies.

More info: walkforprens.org.au



OCT 29-NOV 2

Great Barrier Reef Swim

Where: Heron Island, Qld

What: an all-inclusive event for all swimming levels, from accomplished to novice, that features 1km and 3km swims.

More info: oceanswimsafaris.com



NOVEMBER 28

Twin Peaks Challenge

Where: Tamworth, NSW

What: now in its sixth year, this charitable challenge features mountain biking, running, kayaking and an obstacle course.

More info: centauroutdoorevents.com.au



NOVEMBER 1

Tropical Journeys Great Barrier Reef Marathon Festival

Where: Port Douglas, QLD.

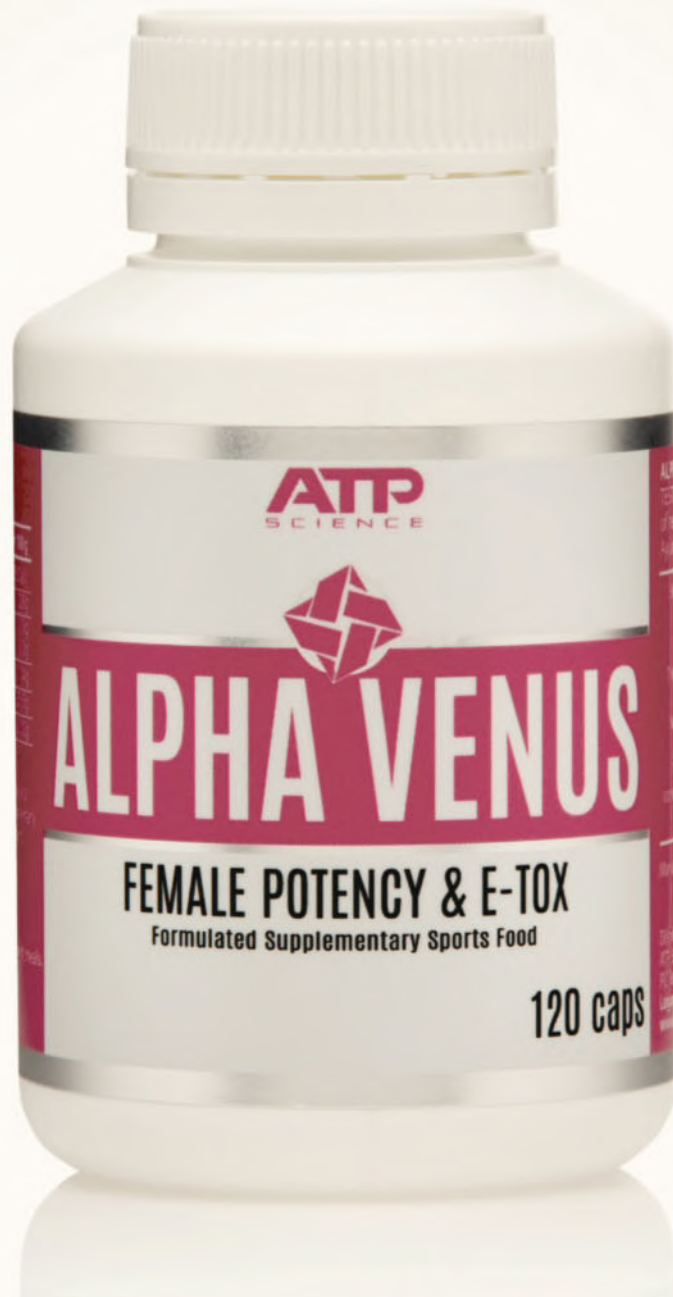
What: Run the 74km JCU Ultra Marathon, the 42km or the 21km half marathon along the fringing reefs.

More info: greatbarrierreefmarathon.com.au

SHAPE
PICK
OF THE
MONTH

Got an event in your state that SHAPE readers can train for in 2015?
Email details to editor@shapemagazine.com.au with a couple of good action photos.

Women Love Me.



#ALHAVENUS



ATP SCIENCE



ATP PROJECT



ATP
SCIENCE

WWW.ATPSCIENCE.COM

I was made by a man who truly understands women; A naturopath that specialises in the hormone Estrogen. If you want to find out more about what real women say about me and what I do for love handles, skin, stress, libido, water retention, cellulite, periods and the other joys of having unbalanced estrogen; then come and see for yourself. Search on Instagram #ALHAVENUS

WWW.ATPSCIENCE.COM



YOUR NEW ROUTINE

Fitting in strength training, intervals, stretching and endurance training weekly can help you drop three times as much weight and more fat and gain more lean body mass than if you just stick to strength, according to a *Journal of Applied Physiology* study. (Note: the exercisers also ate 60 grams of whey protein a day, equal to about three powdered scoops.) Trainer Marni Sumbal crafted this plan to help you mix it up, limber up and change your body in one month.

Day 1	Day 2	Day 3
STRENGTH TRAINING Do exercises like squats and lunges with weights; hold planks; try pull-ups (or take a strength class). TIME: 20–30 minutes	STRETCH Take a yoga or Pilates class. TIME: 30–60 minutes	ACTIVE RECOVERY Go for an easy walk. TIME: 30–60 minutes
Day 4	Day 5	
INTERVALS Warm up, then do five to 10 30-second intense cardio intervals (run, cycle, row – you get it) with 2 minutes of lower intensity to catch your breath between intervals. TIME: 30–45 minutes	ACTIVE RECOVERY Go for an easy walk. TIME: 30–60 minutes	
Day 6	Day 7	
ENDURANCE Pick a cardio activity (go hiking, take a jog, rollerblade) and do it at a moderate intensity (you should be able to hold a conversation but not easily). TIME: 60–90 minutes	ACTIVE RECOVERY Go for an easy walk. TIME: 30–60 minutes	

Burn more calories without even trying



An unexpected benefit of strength training is that you'll stay more active after you've towelled off. A study in *Medicine & Science in Sport & Exercise* found that exercisers who did a toning routine moved up to 48 percent more throughout the day than those who did just cardio. "Building muscle makes things like walking,

climbing stairs and doing projects around the house feel easier, so you do more of them," says lead researcher Dr Gary Hunter. "It's also true that cardio can leave you wiped, so you may not have as much energy to spend on daily tasks." To maximise results, shoot for three firm-up sessions a week along with your usual moderate cardio.

NUMBER CRUNCH

70%

How much more likely your partner is to start getting the recommended 150 minutes of exercise a week if you already do

Source: *Circulation*

Master the box jump



VALID FEAR: you'll ding your shins on the edge of that 50cm-high plyo box as you try to hop atop it. You can get over this hurdle by coming at it from a different angle – literally. “Stand facing the corner of the box so your legs have more clearance on either side than they would facing the straight edge,” says CrossFit coach Michael Bultman. Build your confidence by sticking some landings and stepping down, then do those box jumps head on. A DIY circuit to try: do 5 push-ups, 10 box jumps and 15 squats, and repeat for as many rounds as possible in 10 minutes.



318

NUMBER OF CALORIES YOU'LL TORCH IN A HALF HOUR DEVOTED TO “CATCHING AIR”, AKA, DOING PLYO MOVES LIKE JUMPING ROPE OR BOX JUMPS. THAT'S MORE THAN SWIMMING, AEROBICS OR BOXING.

EXPRESS FITNESS

THE MAGIC OF SPEED ROUNDS

Meet the 14-minute workout that burns through fat and gets you lean, toned legs – using one simple tool

• BY AMY ROBERTS

Shuffle, grapevine, and hop – that's what you'll do around an agility ladder (a plastic ladder that lies flat on the floor). "These exercises require speedy acceleration, deceleration and changes in direction, all of which fire up your metabolism," says Jair Lee, a performance specialist coach. Do Lee's fat-melting mix on the next page, tackling the ladder moves as quickly and powerfully as you can and catching your breath as you bang out the body-weight strengtheners in between. Boom! You've just sculpted your abs to calves plus shoulders, chest and arms in 14 minutes flat.

DIY or buy

Make your own grid with masking tape or chalk: for a 4.5m ladder, create eleven 43cm- by-38cm rectangles. Or get the **Skiz Quick ladder** (\$US30; sklz.com), shown here.



YOUR WORKOUT

INTENSITY

Moderate to hard
(RPE*: shoot for a 7 or an 8 out of 10.)

TOTAL TIME

14 minutes

YOU'LL NEED

An agility ladder.
Many gyms have one; ask a trainer to help you find it.

HOW IT WORKS

Warm up, then do the drills at right in order three times, resting for 1 minute between rounds.

CALORIES BURNED

159**

*Rate of perceived exertion

**Calorie burn is based on a 63.5kg woman.

► IN-IN, OUT-OUT

Stand facing one end of the ladder. Step right foot into first box, then left foot. Then step right foot to outside of next box, then left foot. Continue running in and out until you reach the end. Repeat, going backwards to start position. Continue for 30 seconds.

► JUMP-SWITCH SHUFFLE

Stand perpendicular to right end of the ladder with toes pointing to first box. Step left foot into first box. Jump laterally, switching feet in the air to land with right foot in second box. Continue alternating legs until you reach the end. Repeat to right. Continue for 30 seconds.

► DOUBLE HIGH-KNEES

Stand facing one end of the ladder. Run with high knees and on balls of feet down ladder, taking small steps so both feet enter each box before moving on to next. Repeat, going backwards to start position. Continue for 30 seconds.

► DO 15 PUSH-UPS

► HOPSCOTCH SQUAT

Squat with feet wide behind one end of the ladder. Hop feet together into first box to stand, then jump feet to outside of next box to squat. Continue until you reach the end. Repeat, going backwards to start position. Continue for 30 seconds.

► LATERAL HIGH-KNEES

Stand perpendicular to right end of the ladder with feet together in first box. Run sideways towards left with high knees down ladder, taking small steps so both feet enter each box before moving on to next. At the end, repeat toward right to return to start position. Continue for 30 seconds.

▼ CROSSOVER HAND WALK

Start in plank at right end of the ladder with left hand beside first box (body is perpendicular to ladder). Cross right hand over left to reach into first box, then left hand under right (shuffling feet to left) to return to plank in first box. Continue until you reach the end. Repeat to right. Continue for 30 seconds.

► DO 25 SIT-UPS



Think strong, be strong

▼ **THERE'S SUCH A THING** as fitness self-esteem, and you want it because having this mental strength may help get you a better body, a new study has revealed. When researchers at Texas Women's University, US, studied a group of 18- to 30-year-old women with similar BMIs who did comparable amounts of weekly exercise, they found that those who thought of themselves as fit and strong were able to run significantly longer and lift heavier weights than their less self-assured counterparts. Truly believing that you can accomplish a physical task that takes endurance and strength "allows you not to be afraid to put in more effort," says study author Dr Wayne Brewer. Build your fit confidence by scoring some mini wins – rock your boot camp with slightly heavier dumbbells, dial up the resistance in Spinning – and start the snowball effect.



▼ Believe in yourself and you'll enjoy greater gains and bigger losses

This will help your back

Whether you've been hitting the gym aggressively or somehow triggered a chronic injury, there's a reason to rethink your usual back pain fix: the painkiller acetaminophen (aka paracetamol) isn't any more effective than placebos at easing your aches, a recent study in *The Lancet* found. For med-free relief, try these three study-proven treatments.

1 STRETCH IT OUT

Women who did an hour of yoga three times a week had a 66 percent reduction in aches after 12 weeks, while those who did nothing experienced a 16 percent increase in pain, South Korean researchers reported. Yoga boosts your body's production of neurotrophic factor, a protein that helps block damaged nerves from sending pain signals to the brain.



2 LOOK TOWARDS THE LIGHT

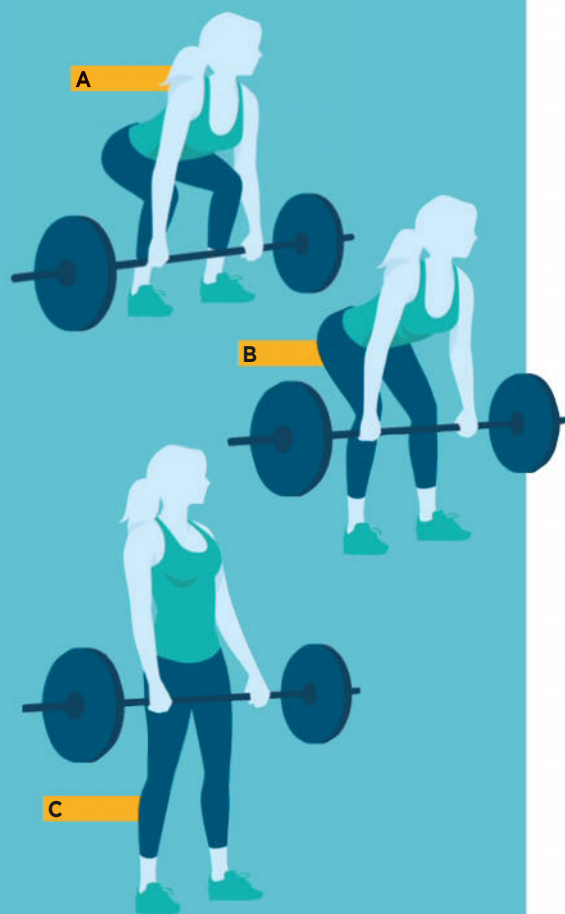
You've heard of bright-light therapy for seasonal affective disorder; well, it works for back pain, too, according to a new study in the journal *Pain Medicine*. That's because light exposure – from the sun or a light box – influences levels of serotonin and melatonin, two hormones that regulate pain management. The study-prescribed dose is a half hour of 5000-lux light (that's about half the strength of indirect midday sun) three times a week.

3 PRESS THIS TRIGGER POINT

Massaging your ears to ease back pain sounds out there, but research confirms it: people who stimulated pressure points on their outer ear for three minutes three times a day experienced a 75 percent reduction in pain intensity after four weeks, a 2013 study from the University of Pittsburgh, US, found. The right spot: just above the hollow of your ear, where the cartilage begins to fold.

The best power move you're not doing

THE BASIC DEADLIFT is a superstar at firming your backside and can make you up to 50 percent more explosive and powerful, revealed a study in the *Journal of Strength and Conditioning Research*. Doing deadlifts improves your knee extensors and flexors – that is, the joints' strength is increased as they bend and flex, says study co-author Dr Matt Stock. "That translates into helping you jump higher and move faster." Do five sets of five reps twice a week for 10 weeks to fully net this turbocharged effect.



HERE'S HOW: stand just behind a loaded barbell (30 to 40 kilos should do; add more if it feels light) with feet hip-width apart. Bend knees and, hinging forward from hips, grab bar with an overhand grip just outside of legs. Keep back flat, hips lifted and butt back **[A]**. Begin to straighten to standing, drawing bar as close to shins as you can without rounding your back **[B]**. Thrust hips forward and squeeze glutes at top of movement **[C]**. Pause; reverse movement to complete 1 rep.



Anywhere energy booster

Make these natural bars to keep on hand for an anytime pick-me-up or pre-workout aid

● When Julie Morris, author of three cookbooks on superfoods and executive chef for superfoods company Navitas Naturals, needs a little energy boost she reaches for one of these delicious spiced acai energy bars. “Acai is a known energy food,” she explains.

This purple berry, originally grown in the Amazon, has been shown to support circulation and provide long-lasting vigour thanks to its high levels of vitamins and antioxidants. Combined with invigorating spices, protein-rich almonds and natural sugars, it’s a great on-the-go snack that’s perfect before you hit the gym or for fighting off midday munchies.

“I often double the recipe, freeze the excess for future use and grab one when running out the door!” says Morris.

Spiced acai energy bars

INGREDIENTS

- ¾ cup raw almonds
- ¾ cup (about 11-12 large) pitted dates
- ¼ cup dried apricots
- 3 tbsp acai powder
- 2 tbsp black raisins
- ½ tsp ginger powder
- ½ tsp ground cinnamon
- ¼ tsp vanilla extract
- Pinch salt (optional)

DIRECTIONS

1. Mix all of the ingredients together in a food processor just until a sticky dough has formed (allow some almonds to remain coarsely chopped).
2. Spread a sheet of plastic wrap on a cutting board and place the dough on top. Using your hands, press and form a 2.5cm-thick

rectangle. Wrap and put in the freezer for 30 minutes, then cut into rectangles.

3. Serve cold or at room temperature.

Makes 10 bars.

PER SERVING

- Calories: 169
- Fat: 6g
- Saturated fat: 0.4g
- Carbs: 30g
- Fibre: 4g
- Protein: 3g

These all-natural bars are loaded with antioxidants, vitamins and minerals, and they're packed with flavour!



WHAT'S THAT VEGIE?

COMING SOON TO A SUPERMARKET NEAR YOU: kalettes, a yummy combo of kale and brussels sprouts, are the latest healthy vegetable hybrid to hit the veggie aisle. Also known as flower sprouts, brussels kale, lollipop kale or kale sprouts, they feature a sweet and nutty taste – plus some superstar nutrition to back up their pretty appearance, says nutritionist Nicole Silber. Kalettes are packed with vitamins K, B6, C and folate and contain 4 grams of protein with only 45 calories in a 1.5-cup serving. They're also easy and quick to prepare since you can cook them whole. Make this garlic ginger kalettes recipe, courtesy of Silber: heat sesame oil on medium heat, add chopped garlic and sauté for 1-2 minutes. Throw in kalettes with grated fresh ginger and a pinch of salt and pepper, sauté for 5-6 minutes, then serve.

The SPF diet

Want an additional boost in sun protection? Stock up on foods that are high in antioxidants or contain certain minerals, advises Dr Frank Lipman, an integrative medicine specialist and author of *The New Health Rules*. A sunburn, after all, is a type of inflammation, so conceivably an anti-inflammatory diet can help prevent sunburn and skin damage, he explains. "Certain foods such as leafy greens, strawberries, capsicum and green or black tea can offer protection by neutralising the effects of UV rays and providing your body with the nutrients needed to slow sun damage," Dr Lipman says. Research has shown that lycopene (found in tomatoes), for example, can help reduce skin vulnerability to sunburn, providing up to 30 percent more protection against burns among subjects who followed a lycopene-rich diet. But don't shelve your sunscreen entirely: since there's a great range of vulnerability to sunburn based on your skin colour, ethnicity and location, continue to apply sunscreen regularly to protect from burns and even more serious damage, advises Dr Lipman.



A NUTRITION TREND WE DON'T LOVE

■ Breast milk is gaining traction as the latest performance aid among some bodybuilders. But this particular trend probably does far more harm than good, even outside the "ew" factor. "People think breast milk is good for you because it's a 'natural' source of hormones and antibodies and is nutrient-dense and high in protein," says dietitian Kelly Pritchett. "But there is no scientific evidence that suggests there are benefits for adults." And since it's a bodily fluid, breast milk can carry disease or infections. A far smarter option: rely on foods such as Greek yoghurt, cottage cheese, nut butters and chocolate milk to amp up your results, she says.

A tastier way to go meatless

Following a vegetarian diet doesn't have to mean doing away with flavour or skimping on muscle-building protein. These packaged foods provide plenty of important nutrients while satisfying your need for something meaty and protein-packed.

● When you're craving crumbed chicken, try **Fry's Chicken Style Strips**, which are high in protein, seasoned and ready to cook and eat. frysvegetarian.com.au

● Keep **Nutrisoy** flavoured tofu products in your fridge for a convenience food that can be enjoyed cold or hot in stir-fries, salads and sandwiches. nutrisoy.com.au

● Hankering for a barbecue? **Vegan Perfection** offers a range of meat-free steaks, burgers and sausages that will satisfy that craving without animal products. veganperfection.com.au



SUPP
YOUR WAY
HEALTHY

Your best body in two weeks

There's a lot of info out there about various supplements and their benefits, and it's tough to know which ones have solid science-backed support. Recently, however, a blend of two herbal ingredients – *Sphaeranthus indicus* extract (from a plant widely used in Ayurvedic medicine) and *Garcinia mangostana* (from the rinds of mangosteen fruits) – has actually been shown to help people shed both weight and size, according to research at both the University of California, Davis, US, and a hospital in Vijayawada, India.

Their eight-week study, published in the *Journal of Medicinal Food*, had one group of people take capsules with the herbal combo before breakfast and dinner, while another group took placebos; all participants followed the same 2000-calories-a-day diet and walked daily. Very quickly, those taking the *Sphaeranthus indicus*/*Garcinia mangostana* blend noticed changes: After two weeks, they'd lost almost 1.5 kilos more than the placebo group, and by the eight-week mark, the difference was 3.6 kilos. What's more, they saw bigger decreases in their waist and hip circumferences

(5.8 more centimetres and 3.3 more centimetres, respectively), with changes showing up in these measurements in just two weeks. What accounts for these results? The study authors concluded that the blend, along with lifestyle changes, may change pathways involved in metabolising sugar and fat. For instance, the people who took the herbal combo showed an increase in levels of adiponectin, a protein that breaks down fat. And they weren't just slimmer – they were healthier too: their total cholesterol and triglycerides improved, as did their fasting blood-glucose levels. (Many of

the participants started the trial with abnormal glucose levels, but were within normal range by the eight-week mark.) Perhaps most important, the study authors didn't observe any safety problems or serious negative effects of taking the supplement. In fact, other studies that have individually focused on either *Sphaeranthus indicus* or *Garcinia mangostana* have found health benefits, such as better blood pressure, higher antioxidant levels, improved digestion and anti-inflammatory activity. The blend is available in supplement form; if you want to try it, look for products called Meratrim.

Beyond the kale

Sweet potato greens

Kale isn't the only awesome green on the scene. With tender leaves and a delicate flavour, these rising stars are really good raw in salads. But sweet potato greens are fantastic cooked too. And, as you've likely guessed, their nutritional résumé is impressive: vitamin A, folate and a whopping 87 percent of your RDA for vitamin K come packed in these leaves of the tuberous root. "If you stir-fry or add them to a stew, do it in the last few minutes so they maintain their nutrients and keep their bright colour," says dietitian Libby Mills.

NUMBER CRUNCH

50-80%

Amount of beef mince you can swap with cooked mushrooms and still preserve (or even enhance) a dish's flavour

Source: *Journal of Food Science*



greatbarrierreefmarathon.com.au



BEACH. ROAD. TRAIL

74KM JCU ULTRA MARATHON 42.195KM STEVE MONEGHETTI MARATHON

21.1KM SHERATON MIRAGE PORT DOUGLAS HALF MARATHON

10km NEWSPORT DAILY 10000 5KM FUNDY 5000

2.5KM COLES JUNIOR CHALLENGE

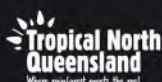
 /GBRMarathon

 @GBRMarathon

November 1st: Port Douglas



Cairns
Singapore
Townsville



TROPICAL JOURNEYS
PERSONALISED REEF & RAINFOREST TOURS



 Bendigo Bank
Bigger than a bank.



The food lover's diet

WANT TO DROP KILOS? Eat more foods instead of eliminating them. Researchers at New York University found that people who consume a greater variety of healthy foods have less body fat than those who follow limited-eating plans. It makes sense: we get bored eating the same things over and over, which may make us more likely to go off track and pig out, study author Maya Vadiveloo says. To stay satisfied as you slim down, choose a variety of fruits and vegetables (bananas, silverbeet, mushrooms, citrus, kiwifruit, broccoli, carrots and cauliflower, are in season right now), switch up your protein (think fish, eggs, low-fat yoghurt, beans and tofu), and try new and different whole grains (farro, bulgur, barley and buckwheat are a few tasty ones). Once a day, treat yourself to a healthy and satisfying snack like popcorn, nuts or a scoop of low-fat ice cream.

SCIENCE BACKED

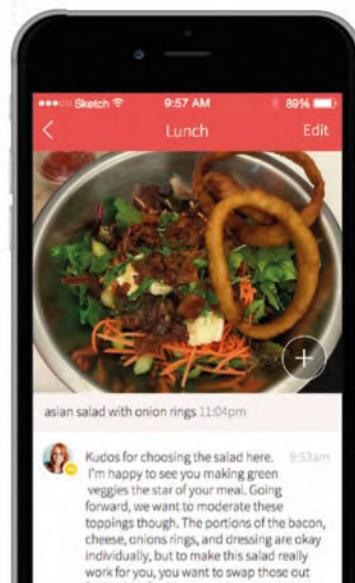
WEIGHT LOSS APPS CAN HELP YOU SHED FLAB

The story There are almost as many weight-loss apps out there as there are people, all of them claiming to be the solution to your weight-loss woes. But are they actually any use, or just a sneaky way to trick you out of your hard-earned bucks?

Science says yes A group of US researchers studied 70 overweight adults for a year, comparing the effectiveness of using a mobile device to track progress versus tracking on paper in order to lose weight. Their results, published in the *Archives of Internal Medicine*, found mobile users lost more weight – an average of 7kg – than the pen-and-paper pushers.

Science says no According to a recent University of California-Los Angeles, US, study, participants who downloaded a smartphone app for weight loss didn't lose any more weight over six months than those who didn't. And another study from Arizona State University, US, found no difference in weight loss among people who recorded their intake using a smartphone app, memo function or paper and pen.

We say Try before you buy. Download a free app and see how you go for a few months before spending any money.



YOUR BEST SNACK CONTROL

FIFTY PERCENT of women don't eat breakfast when they're busy, according to a recent survey. Bad move: forgoing a morning meal can lead to intense cravings that last up to four hours, say researchers at the University of Missouri, US. They discovered that eating breakfast, especially a high-protein one, stimulates the pleasure hormone dopamine, which suppresses food cravings, explains study author Dr Heather Leidy. When you bypass the meal, your dopamine levels stay low all morning, leading to visions of doughnuts dancing in your head. Start your day with eggs, wholemeal toast and fruit, or try a protein-rich smoothie bowl—fruits mixed with milk, Greek yoghurt, nut butters, chia seeds, protein powder or tofu.



Why you must eat chocolate daily

Doing so will accelerate your slim-down. In theory, anyway! When German researchers put dieters on a low-carb plan and gave some of them a daily dose of 40g superdark chocolate, those who ate chocolate lost more weight steadily over time and stayed happier throughout the process than those who didn't get the treat. "When you eat chocolate on a diet, it's a daily reward, so you don't feel deprived," says study author Dr Johannes Bohannon, the research director of the Institute of Diet and Health. "Plus, the compounds in it can improve your mood." (That we can attest to!) Choose dark chocolate with at least 81 percent cocoa. We like Lindt Excellence (available in supermarkets) which comes in 70, 85 and 90 percent cocoa.

DO YOU HAVE A SLIM PERSONALITY?

Extroverts are social and outspoken – and more likely than others to consume high-calorie fare, according to a new study. Researchers in Switzerland who examined eating behaviour found that optimistic, gregarious and assertive people tended to indulge in sugary and salty foods and were more tempted by dishes that looked and smelled delicious. "Extroverts like to mingle and often eat with others at parties and happy hours – situations filled with tempting foods," study author Dr Carmen Keller explains. If you're the life of the party, simply being aware of the connection between food and personality can help you curb your impulses, Dr Keller says. It also helps to limit yourself to one lap around the buffet table, filling your plate with fruits, vegies and protein and just one or two small treats.





A BREAKFAST BURRITO WITH BEANS AND AVOCADO CAN HELP YOU LOSE WEIGHT



THE BEST FLICK PICK

If you like to snack at the movies (and honestly, who doesn't?) and are trying to lose a few kilos, choose your next ticket wisely. In a series of studies done at Cornell University in the US, people ate significantly less when they watched a funny film as opposed to a tear jerker, and when they viewed a slow-paced drama rather than an action flick. The researchers believe that a sad movie can lead to emotional eating because it's upsetting, while a suspenseful film can cause stress gorging (you eat more when you're on the edge of your seat). A comedy is fun and relaxing, so you're less focused on the food.

The anti-diet

NOW HERE'S SOME GREAT NEWS: if you just add plenty of fibre to your meals, you'll lose weight. When people in a recent study at the University of Massachusetts Medical School, US, were encouraged to eat 30 grams or more of fibre a day, they shed almost as much weight – about two kilos in three months – as those following a more complicated diet. “Fibre-rich foods make you feel full quickly for few calories,” explains lead study author Dr Yunsheng Ma. And you don't need to count every gram of fibre; just upping your intake is enough to promote weight loss. Make this your plan: fit at least one fibre-rich food – like whole grains, fruit, vegies or legumes – into each meal.



Drop kilos with mates

Who you talk to about your diet can make all the difference when it comes to losing or gaining weight. When women in a study at the University of Waterloo in Canada turned to friends and family for weight-loss support, those who were given positive feedback about their bodies felt more

accepted, which helped them shed weight or at least maintain their weight. Women who felt pressured by their loved ones to lose weight actually ended up gaining instead. “Worrying about your weight is stressful, and stress can lead to weight gain,” says Dr Christine Logel, a social psychologist and the

lead author of the study. If the person you rely on to talk to about your weight doesn't motivate you and tell you that you're awesome, you need to find someone else who does, Dr Logel says. And then be sure to boost her health by returning the favour. A little positive interaction goes a long way.

Blooms Green Lipped Mussel
& Turmeric with BioP™

AS SEEN ON
TV

Do you suffer
from stiff, painful joints?

Double action Green Lipped Mussel and Turmeric may help
provide relief from stiff, painful and inflamed joints.

- ✓ May help relieve mild arthritis pain
- ✓ May help increase joint mobility

Australian
made
Vege caps



Is Your
Cholesterol
High?

**100% Natural
Beta-Glucan Powder**

Scientifically shown
to reduce blood
cholesterol naturally

**NO
fillers
NO
Sugar**



100% AUSTRALIAN OWNED AND MANUFACTURED

Always read the label, use only as directed. If symptoms persist, see your healthcare practitioner.

Make Every Day Better

www.bloomshealth.com.au

1800 181 323

blooms
HEALTH PRODUCTS

LOSE YOUR BELLY FAT- *for good*

THE FACTS

There are two main kinds of belly fat: subcutaneous and visceral. Subcutaneous fat sits directly under the skin. We all have it – it's the pudgy you can see, the type that spills over waistbands. This kind is made up of fat cells that your body has trouble burning off. Visceral fat lives deep in your abdomen and wraps itself around your organs. This fat is the more dangerous of the two. It acts like a gland, churning out damaging hormones such as cortisol, which stimulates your appetite and makes you crave sugary, fatty foods, says Dr Eric Ravussin, an obesity and diabetes expert. It also produces inflammatory proteins called cytokines that can sap your bone strength and raise your cholesterol level, he adds. Fortunately, visceral fat is the easier fat to lose. Exercise and eat a healthy diet and it will start to melt away.

To find out how much visceral fat you have, take this quick test. Pull up your shirt and lie on your back.

Exercise you know to do. But after you hit the showers? There are science-backed ways to keep fighting the flab. Here, the food and healthy-living tips that shrink and flatten.

BY HALLIE LEVINE

PHOTOGRAPH BY ONDREA BARBE

The fat that flattens out when you recline is the subcutaneous kind. Next, use both index fingers to find the top of your pelvic bone. Press down towards your belly button and contract your abs. If you have visceral fat, it will pooch out, says Dr Pamela Peeke, the author of *The Hunger Fix*. Most women have at least some visceral fat, but when you can actually feel or see it poking out, it's time to take action.

THE PLAN

Women who are chronically stressed tend to have more belly fat than those who aren't, according to research from Yale University, US. That's because when you're frazzled, your body pumps out substances like peripheral neuropeptide Y, which encourages food to be stored as fat, says psychiatrist Dr Kirstin Aschbacher. Anxiety also revs production of the stress hormone cortisol, which, in addition to increasing your appetite, causes fat cells to grow in your abdomen and

prompts the body to move fat from areas like your hips and thighs to your belly. Here's how to stop stress overload – and beat the bulge.

Get more sleep

“When you're sleep deprived, your body becomes stressed and secretes cortisol,” Dr. Peeke explains. Lack of sleep also boosts the production of the hunger hormone ghrelin, which increases your appetite, so you're more likely to overeat. You've heard it before, but aim to get seven to eight hours of shut-eye a night. Consistency is also crucial: women who go to bed and wake up within roughly the same 60-minute window every day have less body fat than those who don't maintain a regular sleep schedule, a study at Brigham Young University, US, found.

Take a power walk

Besides being meditative, a 15-minute cruise around the neighbourhood right after eating helps reduce the damaging blood sugar spikes that occur after meals, research shows. Also aim to get up and walk around at least once every hour. The more time you spend sitting, the bigger your waist size, a study in *Exercise and Sport Sciences Reviews* revealed. Wearable tech devices are a good way to remind yourself to do this.

Chew gum

Chomping on a stick of gum is proven to lower cortisol levels, according to Australian researchers in the journal *Physiology & Behavior*. They theorise that the act of chewing may relieve tension and increase blood flow to the brain, so you can better concentrate.



FOOD RULES FOR FLAT ABS

These diet dos are proven to help you blast belly fat

Control those carbs

People who followed a lower-carb, higher-fat diet in a study at the University of Alabama at Birmingham, US, lost more abdominal fat than those who followed a higher-carb, lower-fat plan. The magic ratio was 43 percent of daily calorie intake from carbs, 18 percent from protein and 39 percent from fat. On an 1800-calories-a-day diet, that translates to:

- **193 grams of carbs** mostly from vegetables
- **81 grams of lean protein** like chicken or fish
- **78 grams of healthy fats** from foods such as avocados and nuts.

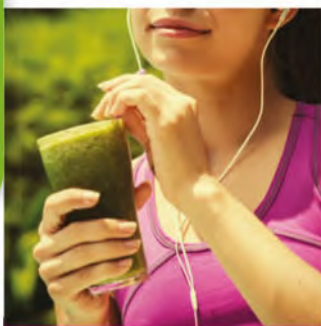
This eating plan appears to keep blood sugar levels even throughout the day, which means your body may store less fat around your midsection, says Dr Louis Aronne, an obesity expert at New York-Presbyterian/Weill Cornell Medical Center in the US.

Order a pinot noir

The ellagic acids in red wine can help you burn fat, according to recent findings in the *Journal of Nutritional Biochemistry*. Just stick to one glass: women who “save up” to drink three or more in a single night have more belly fat than those who sip moderately more often, a study from the University of Buffalo, US, showed.

Do dairy

Women who had three servings of milk, yoghurt or cheese a day lost more belly fat after 12 weeks than those who had fewer, research from the University of Tennessee, US, found. Calcium and other healthy compounds in dairy help the body burn fat faster, says study author Dr Michael Zemel. If you can't stomach dairy, try calcium- and vitamin D-fortified orange juice instead.



DETOX TIME

Many women today are battling with their own body's production of oestrogen. This is due to external factors such as plastic, fertilisers, cosmetics and other chemicals. These are contributing to an oestrogen imbalance, which may lead to excess fat accumulation. But by limiting your exposure, by getting plenty of sleep, drinking filtered water and harnessing herbal extracts you may be able to stop or even reverse the negative effects, according to naturopath Matthew Legge from ATP Science (atpscience.com).



Three better ways to keep your pipes clear

“I’m excited!” (Your new fighting words)

This phrase will get you through a gruelling day. Repeat it three times when you’re facing a scary-long to-do list and you’ll feel as if you have more time to accomplish the tasks, findings in the *Journal of Marketing Research* suggest. Juggling multiple goals can stress you out, which in turn makes you feel rushed, even if you actually have more than enough hours to get everything done, explains lead researcher Dr Jordan Etkin. Reframing your anxiety as enthusiasm can lift that time-crunched panic and therefore motivate you to dive in.

CAN'T BEAT THIS

AS YOU WORK to keep your heart at its peak pumpitude, here's one thing you can skip in that pursuit: fish oil pills. Though they've long been thought to boost heart health, thanks to the omega-3 fatty acids they contain, a recent review of 24 studies burst that bubble. You're better off exercising regularly, keeping your weight in check, and staying away from cigarettes – all tactics proven to cut your risk of cardiovascular disease, says lead study author Dr Andrew Grey, an associate professor of medicine at the University of Auckland in New Zealand. At least that's not too hard to swallow.

RETHINK VITAMIN DRINKS

When it comes to essential nutrients, you can have too much of a good thing. Vitamin-enhanced drinks often contain many times more than the recommended daily intake of vitamin B6, vitamin B12, vitamin C, niacin and riboflavin, which you're already getting enough of if you eat a balanced diet, according to new research from the University of Toronto in Canada. "The long-term effects of consuming super-high levels of these vitamins on a daily basis aren't known," study author Dr Valerie Tarasuk notes. "At best, they're not beneficial." Scan the labels of functional beverages before you sip: if they contain 100 percent or more of any nutrient, Dr Tarasuk suggests steering clear.



BEAT COLD & FLU NOW

Comvita's Fresh-Picked Olive Leaf Extract has five times (400 percent) more antioxidant power than the equivalent amount of Vitamin C. Research from Southern Cross University, NSW, has found that fresh-picked olive leaf extract may help provide immune support from the symptoms of the common cold, coughs and fever. Get yours at pharmacies and health food stores nationwide.



THE 4-MINUTE HEARTBREAK CURE



Conventional wisdom has it that after a painful romantic split, you should avoid wallowing in the details and try to move on. But reflecting on a bad break-up can actually help you rebound faster, research in the journal *Social Psychological and Personality Science* found. In the study, participants reported feeling less lonely and heartbroken after they had answered personal questions that delved into their failed union.

Why did all the reflection help? When a relationship ends, "you're faced with fairly fundamental uncertainties about your identity," study author Dr David Sbarra, says. "Evaluating the split encourages you to regain your sense of self faster, and that helps your heart mend." Dealing with a bust-up of your own, or do you have a friend going through one? Let these questions help:

1. When did you first realise you and your partner were over?
2. What do you remember about the moment of breaking up?
3. What's your relationship now – civil or hostile?
4. How do you feel about dating?



Beat the bloat

*Is painful bloating making you miserable?
Follow our tips to be bloat-free!*

More than 80 percent of women suffer from painful bloating on a daily basis. According to Sheila Zhou, expert scientist at USANA (usana.com), producer of high quality supplements, our diet is the most likely culprit. "With many of us consuming highly processed foods that are high in saturated fat, refined sugar and artificial flavours and sweeteners, it's no surprise we find ourselves suffering from a sluggish gut," she says. Below are her top tips for beating the bloat:

● DRINK GREEN TEA

Green tea is a natural diuretic, which helps your body get rid of excess fluids. It also soothes the digestive tract and contains compounds that relieve bloating and aid digestion. Green tea can also help boost your metabolism.

● SPIT IT OUT

When you chew gum you're swallowing air which, like blowing air into a balloon, causes your stomach to expand. So next time you're thinking about popping some chewie in your mouth, consider a mint instead.

● GO BANANAS

The more salt you consume, the more potassium-rich foods you

should eat. Potassium helps to balance and circulate body fluids and get nutrients moving through your body after a meal. Potassium rich foods include bananas, potatoes, spinach, citrus and asparagus.

● BE MORE SOCIAL

Many of us are guilty of scoffing down meals to save time. But social interactions dramatically increase the time it takes to eat a meal, minimising the amount of air swallowed, giving your body the chance to properly digest the food.

● KEEP IT REAL

While you may think you're cutting down your sugar intake by switching to artificial sweeteners, you're actually increasing your chance of bloating. The chemical compounds in artificial sweeteners are known to cause digestive complaints with excessive intake.

● PUSH AWAY THE PAIN

Think you'll be stuck on the lounge forever because of your after-dinner bloat? Try your hand at an abdominal massage to get things moving - literally! By massaging your belly you help relax the muscles that support the bladder and intestine, plus you'll stimulate bowel activity.



Danger zone

KEEP CALM - ANGER CAN TRIGGER A HEART ATTACK!

University of Sydney research has revealed that the risk of a heart attack is 8.5 times higher in the two hours following a burst of intense anger.

Published today in *European Heart Journal: Acute Cardiovascular Care*, this is the first Australian study to investigate the link between acute emotional triggers and high risk of severe cardiac episodes.

"Our findings confirm... that episodes of intense anger can act as a trigger for a heart attack," says lead author Dr Thomas Buckley. "The data shows that the higher risk of a heart attack isn't necessarily just while you're angry - it lasts for two hours after the outburst.

The study also revealed that high levels of anxiety were associated with a 9.5 fold increased risk of triggering a heart attack in the two hours after the anxiety episode.

FAST FACTS

- Each year around 56,000 Australians suffer a heart attack.
- This equates to around 153 heart attacks a day or one heart attack every 9 minutes.
- Each year, almost 9300 Australians die of heart attack.
- One in four people who die from a heart attack die within the first hour of their first symptom.



Contains resveratrol, a powerful antioxidant.



Helps protect the body's cells against free radicals, which are thought to contribute to the aging process.



Assists in maintaining a healthy cardiovascular function.



May help maintain healthy LDL & HDL cholesterol within the normal range.



Want to help burn body fat?

Ever wondered what might support your weight loss efforts?

Green tea may facilitate the body's natural fat burning process. New Green Tea X50 packs a highly concentrated punch of green tea extract, which may assist to promote weight loss and help burn body fat through thermogenesis.

Plus...The Accelerated Weight Loss Programme (FREE with all Green Tea X50 Boxes) helps maximise your weight loss results and helps maintain general wellbeing!

Green Tea X50 comes in 7 great flavours. Simply mix with water and shake. Best served chilled.

Find out for yourself what all the fuss is about!

www.greenteax50.com

*Caution: Contains up to 75mg caffeine

Use only as directed. Not to be used by children under 2 years without medical advice. Consult your physician if symptoms persist or before use if pregnant.

Buy a box of Green Tea X50 and get FREE access to The Accelerated Weight Loss Programme

Learn the rapid weight loss secrets that elite athletes and fitness professionals have known for years.

The Accelerated Weight Loss Programme is full of diet and exercise tips for easy, rapid and maximum weight loss results. You'll be surprised how little effort losing weight and being healthy really is.

- No fad diets, meal replacements, calorie counting or appetite suppressants. Just expert advice on how to lose weight quickly and keep it off.
- Green Tea X50 must be used in conjunction with a healthy, energy controlled diet and exercise.
- Learn the secrets that world-class athletes use to lower body fat and lose weight fast.
- Discover how easy weight loss can be with simple meal plans and the correct exercise to maximise weight loss.



“60 kilos – gone”

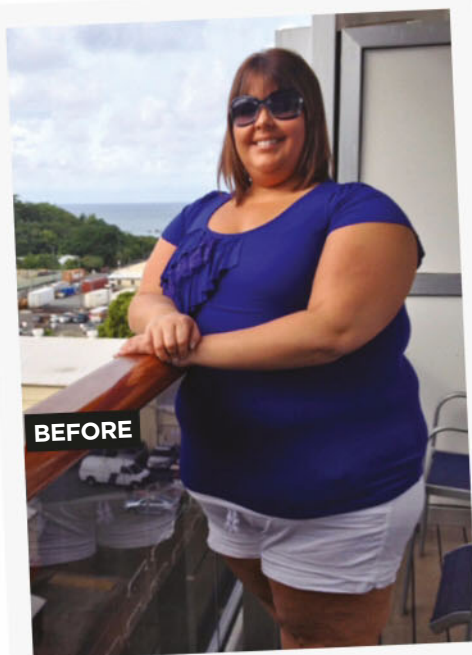
A bad breakup motivated this *SHAPE* reader to face the truth about her weight – and finally do something about it

By Amy Zavatto

When Ashley James split up with her boyfriend in December 2013, she was tempted to find comfort where she always did – in pizza, potato chips and chocolate. But Ashley, 26, a settlement processor for a title company, realised that she needed to make some drastic changes in her life. Even though she hadn't weighed herself in seven years, she knew she had gained a lot. “I had to buy a size 26 pair of jeans,” Ashley says. “That killed me.” She got on the scale and was stunned to see that she weighed 139 kilograms. “It was devastating,” says 165cm Ashley. “But it made me determined. I walked into my boss’s office the next day and said, I’m going to lose 50 kilos this year.”

AFTER

**LOST
60kg**



BEFORE

ASHLEY JAMES

Age: 27

Height: 165cm

Starting weight: 139kg

After: 79kg

Lost: 60kg

JUNK-FOOD REHAB

Ashley knew that she had to start eating better and exercising, but she wasn't sure how to begin. "I've always been overweight; my entire family is heavy," she says. As a kid, she ate a steady diet of Chinese takeaway and frozen meals.

Once she started working full-time, Ashley was too busy to cook. "I'd go home and heat up frozen chicken nuggets and mashed potatoes," she says. "Then I'd eat biscuits and Kit Kats in front of the TV."

But she was worried about her health. Both her dad and her 30-year-old sister were on hypertension medication, and Ashley didn't want to join them. "My blood pressure was getting higher and higher, and it was starting to scare me."

STAYING ON TRACK

One day, a friend told Ashley about the MyFitnessPal app, and she decided to give it a try. The app recommended a 2300-calorie-a-day diet and a four-day-a-week workout schedule. "I was new

SECRETS TO MY SUCCESS

EATING BREAKFAST Ashley jump-starts her metabolism by eating within 30 minutes of waking up. One of her favourite breakfasts is a veggie-packed egg-white omelette and a high-fibre English muffin. "Women are supposed to eat 25 grams of fibre a day, so I make sure I hit that," she says. "Fibre keeps you full and helps you shed weight."



LOGGING IN Ashley records her workouts and everything she eats and drinks on MyFitnessPal (free on iTunes), which keeps her accountable.

"The app takes into consideration whether your job is sedentary and what kind of exercise you do, how many times a week you do it, and how much time it takes," Ashley explains. "It's like having a personal trainer."



TEAMING UP Ashley and her sister go to the gym together three or four times a week and cook healthy meals afterwards. "We'd rather make our own dinners than go out to eat," Ashley says. "We're so close now. We inspire each other."



“I'd go home and heat up frozen chicken nuggets and mashed potatoes. Then I'd eat biscuits and Kit Kats in front of the TV”

to exercise, but it was doable," Ashley says. She started by walking for 30 minutes while holding one-kilogram weights. As she got stronger, she added circuit training, alternating five to 10 minutes on the treadmill with jumping jacks, push-ups, burpees and other cardio moves. Soon, she was losing around five kilograms a month, and the app adjusted her calorie intake accordingly.

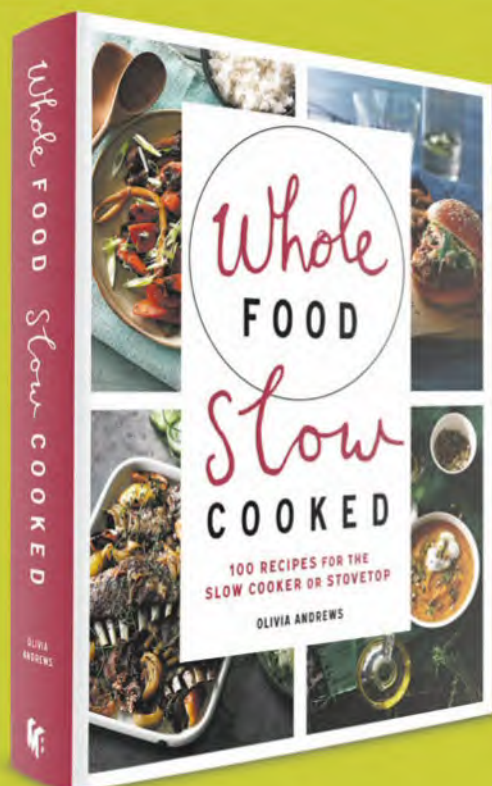
By mid-October 2014, Ashley had shed 59 kilograms – and she had inspired her family to get healthy, too. (Ashley's sister has lost 18 kilos, and her mother has lost 15.) Today,

Ashley loves to cook, and she works out four days a week. "I always do at least 45 minutes of cardio – that's my fat burner," she says. "I've also added strength training to my routine; now I do 20 minutes on the weight machines." She goes hiking with her dog and is training for her first 5K.

As she lost weight, Ashley gained self-esteem. "I used to think, I'm so big, I'll have to keep this loser boyfriend," she says. "Now there are lots of guys who want to date me. When you have a big smile on your face, people are drawn to you. And that's an awesome thing."

You've lost the weight – or you're well on your way – and looking great. Now finding the right clothes is a whole new ball game, which is where stylist Kim Naci comes in. She's been helping women dress their newly slimmed-down bodies for years. Here are Naci's expert tips:

38 ■ SHAPE



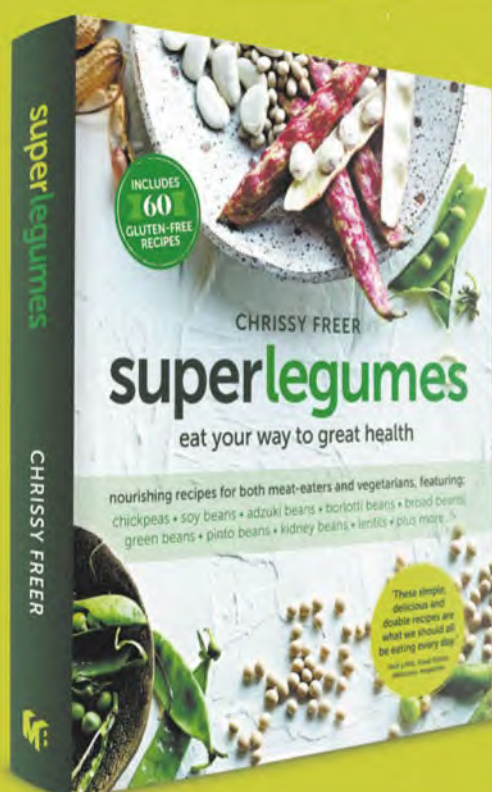
Healthy and convenient go together in this collection of 100 wholesome recipes for the stovetop, oven and slow cooker. With curries, seafood, lazy weekend fare and meat-free options, there's plenty of ideas to keep everyone happy and well-fed.



It's never been so easy to make the healthy choice.

Out now where all good books are sold

MURDOCH BOOKS



Incorporate beans, pulses and legumes into every meal with over 90 fresh, delicious and healthy recipes. From breakfast through to after-dinner treats, with a mix of vegetarian, meat and fish-based dishes, you'll never think beans are boring again.



The ultimate guide to **EATING CLEAN**

Get your diet on the right track by getting rid of the junk. This healthy-eating handbook makes it easy to get started.

BY LINDA STEPHENS

CLEANING UP YOUR DIET HAS NEVER BEEN more popular. Whether it's in the gym, at the supermarket or dining out, "eating clean" is the talk of trainers, nutritionists, chefs, friends and family. But what does all this chatter really mean?

For most people, eating clean isn't a diet you follow for a few weeks to drop a few kilos. It's a lifestyle – one that involves choosing foods that are minimally processed and contain little or no artificial sweeteners, food colouring or other additives. Think corn on the cob, not cornflakes; grass-fed beef burgers, not Big Macs. It's how your great-grandparents might have eaten in the days before fast food, GMOs and Red No. 2.

Advocates extol the numerous benefits of cleaning up your act, from increased energy to shinier hair. Some women say long-standing skin issues suddenly clear up and they sleep better, get sick less often and feel

more productive. And of course there's the fat loss that comes from sweeping empty calories out of your diet. Research has also shown that this eating style can help with everything from improving blood sugar profiles to reducing cholesterol levels.

It's not hard to eat clean – in fact, with so many people embracing this nutrition philosophy, there are more options than ever to put your diet on the right track. Get started by following these six simple rules. Then check out our two-week clean-eating menu guide for some easy and tasty meal ideas to keep you satisfied all day long. You'll never want to go back to your old way of eating!



6 EASY CLEAN-EATING RULES

1 FORAGE MORE

Forget the old three squares and mindless snacking – in most clean diets you'll eat five or six healthy, well-planned meals each day. This keeps your metabolism consistently fuelled throughout the day by preventing your blood sugar from dipping, so you avoid that 3pm energy lag, when you're most likely to turn to caffeine and sugary snacks for a boost. With a clean-eating diet, each meal or snack contains a balance of quality protein, complex carbs and healthy fat to keep you satisfied. A nutritious breakfast of an egg-white omelette and wholemeal toast might be followed with a late-morning snack of a Greek yoghurt and some fruit and nuts.

2 DRINK UP

Plan to drink a minimum of about 2 litres or eight glasses of fluid each day. Water is key to helping your system function at its best, from glowing skin to healthy digestion. Think of it this way: you can survive for weeks without food but only a few days without water.

To help you get in all this liquid, aim to consume about one litre before lunch and another before dinner. Keep a water bottle at your desk, on your kitchen counter or in your car. Try giving it a little flavour by adding fresh lemon, cucumber or orange slices. You'll benefit in so many ways from drinking water throughout the day.

3 PLAN FOR SUCCESS

It's easy to talk about eating clean with a full fridge, but if you're away from home and starving, there's nothing simpler than hitting the vending machine or grabbing something at the convenience store. Plan out what you are going to eat at every meal, and prep your foods ahead of time. Pick a day of the week when you have

time to prepare most, if not all, of your meals for the upcoming week. Cook your proteins, steam your vegetables, make a large salad without dressing, etc. Each night, pack your meals for the next day. If you work or spend time outside the home, stow your food in an insulated bag with an ice pack so you can eat healthy any time.

4 BE A LABEL DETECTIVE

Most clean foods are in their natural state, with few or no additives. When at the shops, make a habit of reading ingredient labels. Beware of diet bombs like trans fats, which can show up in unexpected places like biscuits, cereals and yoghurt. While trans fats are gradually being phased out of the food supply, ingredients that list hydrogenated oils can still contain these unhealthy fats. Also on the no-go list: artificial sweeteners, colours, dyes and other additives. If you can't pronounce it or it has numbers in its name, there's a good chance it's something you should avoid. Although research is divided about the benefits and risks of foods made with genetically modified organisms (GMOs), which have been altered in a laboratory to be given added nutritional value or made resistant to insects or weeds, most clean diets avoid using GMO ingredients.

Although some clean-eating advocates insist on buying primarily organic fare, that's not in everyone's budget. But when possible, reach for organic versions of fruits and vegetables like apples, berries, capsicum, spinach, tomatoes and cucumbers, which otherwise typically have the highest levels of pesticides. Free-range chicken and eggs and organic milk are also worth extra cash, since they don't contain added hormones or antibiotics.



5 DON'T BE A DINING DOWNER

Just because you've decided to make a change in your eating habits doesn't mean your friends and family will follow suit. So don't turn into that person who makes everyone else feel bad when you're going out to eat. Almost every dining establishment will have healthy options, and if not you can ask for some simple changes to keep you on track.

Choose salads topped with grilled chicken or lean protein. Ask for dressings or sauces on the side and use your fork to dip into the dressing before you take a bite so you still get the flavour without the calories and fat. Or choose a lean protein, grilled, with steamed vegetables and a complex carbohydrate like sweet or regular baked potato, brown rice, quinoa or wholemeal pasta.

6 REMEMBER, IT'S OK TO GO OFF YOUR PLAN ON OCCASION

One of the benefits of eating clean on a regular basis is being able to indulge in a food that's not so "clean" once in a while. If the vast majority of your diet adheres to the rules above, give yourself permission to have your favourite cheat meal without guilt. In all likelihood, you'll feel satisfied but ready to return to your clean-eating regimen.



5 FOOD TRAPS

They may sound perfect for your eating plan, but these healthy-sounding options are really junk food in disguise

THE TRAP:

PRE-MADE SMOOTHIES

Some of the smoothies that you'll find in the refrigerated aisle or at fast-food restaurants may say they're "all natural" and contain real fruit, but they're often loaded with extra sugar (some with more than 100 grams of the sweet stuff).

CLEAN IT UP: make your own smoothie with fresh fruit, plain fat-free yoghurt or a vanilla protein powder and ice.

THE TRAP:

ENERGY OR BREAKFAST BARS

They may look like a healthy way to start your day, but bars are often created with processed ingredients like maltodextrin (a filler), sugar, partially hydrogenated oils and more.

CLEAN IT UP: look for bars where whey protein, nuts, seeds and oats are the primary ingredients.

THE TRAP:

SPORTS DRINKS

Packed with sugar, artificial colours, dyes and other additives, these so-called performance drinks may be marketed to help you power through your workouts but can ultimately hamper your results.

CLEAN IT UP: add branched-chain amino acid powder to water - it'll help aid recovery after a workout and stave off hunger in between meals.

Don't get tricked: some energy drinks are filled with artificial additives



14-DAY EAT CLEAN PLAN

Jump-start your better-diet program with this sample two-week menu guide



THE TRAP:

FLAVOURED YOGHURT

Often laden with sugar (up to 24 grams in a single serving) and processed ingredients, it's not quite the health-food fare it seems to be.

CLEAN IT UP: choose fat-free plain yoghurt and add your own fresh fruit to sweeten it while providing added nutrients.

THE TRAP:

DIET SOFT DRINK OR OTHER SUGAR-FREE BEVERAGES

Yes, they're zero-calorie, but according to several studies, the artificial ingredients can compromise your diet efforts by actually leading you to overeat.

CLEAN IT UP: drink water (plain or carbonated) with slices of fresh fruit for natural flavour.

DAY 1						DAILY TOTAL
BREAKFAST ½ cup old-fashioned quick oats prepared with water; 1 whole egg scrambled with ¾ cup egg whites; ½ cup berries	SNACK 1 medium apple and 1 tbsp natural nut butter (such as peanut or almond)	LUNCH 115g grilled chicken breast and 2 tbsp sliced avocado over a medium salad with 2 tbsp balsamic vinegar; 1 slice of toasted wholemeal bread	SNACK ½ cup low-fat cottage cheese; 10 almonds	DINNER 115g turkey mince served with 2–3 cups steamed broccoli or other green vegetable and 1 small sweet potato; drizzle with 2 tsp coconut oil	SNACK 1 scoop vanilla whey/casein powder blended with ice plus 1 tbsp peanut butter (add instant decaf coffee and/or cinnamon if desired)	1540 CALORIES 125G CARBS 150G PROTEIN 42G FAT
DAY 2						DAILY TOTAL
BREAKFAST 1 wholemeal muffin; 4–5 scrambled egg whites; 1 tbsp natural almond butter; ½ cup sliced strawberries or similar fruit	SNACK 225g plain low-fat Greek yoghurt plus ½ cup sliced melon	LUNCH Low-carb wrap made with 85g sliced turkey or chicken breast, 1 tbsp Dijon mustard, lettuce, tomato and 2 tbsp avocado	SNACK 1 scoop vanilla whey protein powder blended with ½ cup berries and 1 cup almond milk	DINNER Large salad made with 115g grilled flank steak and seasoned with balsamic vinegar, tossed with 1 tbsp grated parmesan cheese and 1 cup wholemeal pasta	SNACK 1 medium apple; 10 almonds; 1 cup herbal tea	1623 CALORIES 178G CARBS 132G PROTEIN 40G FAT
DAY 3						DAILY TOTAL
BREAKFAST 2 slices wholemeal bread; ½ cup low-fat cottage cheese; ½ small avocado; ½ cup rockmelon	SNACK ½ cup old-fashioned quick oats mixed with 1 scoop vanilla whey protein; combined with hot water, then topped with 1 tbsp almond butter	LUNCH 115g tuna in water, with 1 tbsp Dijon mustard, romaine lettuce, 4 grape tomatoes, ½ capsicum, ½ cup walnuts, ¼ cup dried cranberries; 1 slice wholemeal bread	SNACK Wholemeal muffin topped with 2 tbsp low-fat cream cheese and ½ cup berries	DINNER 115g grilled salmon; kale sautéed with garlic, sea salt and olive oil; ½ cup brown rice	SNACK Salad with a rainbow of vegetables made with 5 hard-boiled egg whites, 2 tbsp avocado, sliced celery and salt-free seasoning; cup of herbal tea	1889 CALORIES 190G CARBS 149G PROTEIN 52G FAT
DAY 4						DAILY TOTAL
BREAKFAST 225g plain low-fat Greek yoghurt with ½ cup sliced fresh fruit and ½ cup chopped walnuts	SNACK 225g plain low-fat Greek yoghurt with ½ cup of sliced melon	LUNCH Protein shake made with 1 scoop chocolate whey protein mixed with 1 cup almond milk	SNACK 1 small apple; ¼ cup unsalted mixed nuts	DINNER 60g cooked chicken breast with ½ cup black beans, ½ cup brown rice and 1 cup chopped capsicum, plus 2 cups lettuce	SNACK 1 small apple with 1 tbsp natural almond or peanut butter	1532 CALORIES 145G CARBS 107G PROTEIN 50G FAT
DAY 5						DAILY TOTAL
BREAKFAST Omelette made with 1 whole egg, 4 egg whites, chopped capsicum, tomatoes, spinach and onion plus ¼ cup low-fat cheese and salt-free seasoning; 1 slice wholemeal toast	SNACK ½ wholemeal muffin topped with ½ cup low-fat cottage cheese and ½ cup fresh pineapple	LUNCH 115g turkey mince crumbled over salad greens plus ½ small sliced avocado and 2 slices of organic lean bacon; served with ¼ cup low-salt salsa and 15 baked tortilla chips	SNACK Protein shake made with 1 scoop whey protein powder mixed with water, 1 tbsp almond butter, and ½ banana; blend with ice	DINNER 140g baked or grilled white fish (cod, haddock, bass) over ½ cup long-grain rice, served with Brussels sprouts sautéed with coconut oil, sea salt and garlic	SNACK 85g grilled chicken with 2 tbsp avocado and sliced cucumber	1905 CALORIES 128G CARBS 174G PROTEIN 60G FAT
DAY 6						DAILY TOTAL
BREAKFAST ½ cup old-fashioned quick oats and 1 scoop vanilla whey protein, mixed with hot water and topped with ½ cup crushed almonds and ½ cup berries	SNACK 170g plain low-fat Greek yoghurt, ½ cup fresh raspberries flavoured with cinnamon and ¼ cup toasted almond slivers	LUNCH 115g beef burger in a small wholemeal pita, served with lettuce, tomato and mustard; 15 baked potato chips	SNACK Low-carb protein bar (about 200–250 calories)	DINNER 85g cooked lean grass-fed beef with ½ cup brown rice over romaine lettuce with ¼ cup low-fat cheese, flavoured with garlic, onion and salsa	SNACK Smoothie made with whey or casein protein powder blended with 1 tbsp powdered peanut butter, cinnamon and ice	1621 CALORIES 152G CARBS 161G PROTEIN 50G FAT
DAY 7						DAILY TOTAL
BREAKFAST 1 cup wholemeal cereal, 1 cup unsweetened almond milk or low-fat milk; ½ cup blueberries	SNACK ½ grapefruit with 10 toasted almonds	LUNCH 1 whole egg plus ¾ cup egg whites, scrambled with low-fat cheese, spinach and tomato, wrapped in medium-size wholemeal tortilla; ¼ cup salsa if desired	SNACK 15 brown-rice crackers with sliced capsicum and ¼ cup hummus	DINNER 115g grilled chicken with grilled zucchini, eggplant, onions, garlic and tomatoes; served over 1 cup wholemeal pasta with pepper and 1–2 tbsp grated cheese for flavour	SNACK 1 small sliced apple with 1 tbsp nut butter	1974 CALORIES 198G CARBS 127G PROTEIN 62G FAT

DAY 8

BREAKFAST

Omelette made with 1 whole egg plus 4 egg whites, capsicum, tomato, spinach, onion; ¼ cup low-fat cheese and salt-free seasoning; 1 piece wholemeal toast

SNACK

1 medium apple with 1 tbsp natural peanut or almond butter

LUNCH

115g turkey mince crumbled over salad greens plus ½ small sliced avocado and 2 slices of organic lean bacon, served with ¼ cup low-salt salsa and 15 baked tortilla chips

SNACK

½ cup low-fat cottage cheese; 10 almonds

DINNER

85g chicken breast and 1 cup wholemeal pasta, topped with ½ cup tomato pasta sauce and 1 tbsp grated cheese to taste; side salad with 2 tbsp of low-fat dressing or balsamic vinegar

SNACK

Smoothie made with whey/casein protein powder, blended ice and 1 tbsp peanut butter; add instant decaf coffee or cinnamon for flavour if you wish

DAILY TOTAL

1672 CALORIES
150G PROTEIN
148G CARBS
48.5G FAT

DAY 9

BREAKFAST

Breakfast sandwich made with 1 fried egg cooked with non-stick spray and 1 slice organic, ham on wholemeal English muffin; ½ cup fruit salad

SNACK

1 scoop of chocolate whey protein powder mixed with almond milk

LUNCH

85g cooked chicken or turkey breast with lettuce, tomato, 2 tbsp avocado and 1 tbsp Dijon mustard on low-carb wrap

SNACK

1 small apple; ¼ cup unsalted mixed nuts

DINNER

115g prawns stir-fried in 1 tbsp olive oil with 2 cups mixed capsicum and mushrooms, served over ¾ cup brown rice

SNACK

1 medium pear with ½ cup of low-fat cottage cheese; cup of decaf green or herbal tea

DAILY TOTAL

1785 CALORIES
125G PROTEIN
142G CARBS
60G FATS

DAY 10

BREAKFAST

½ cup old-fashioned quick oats cooked with water; 170g low-fat plain Greek yoghurt with ½ cup blueberries, and cinnamon (to taste)

SNACK

1 medium apple with 30g low-fat cheddar cheese

LUNCH

Salad made with 115g tuna in water and 1 tbsp Dijon mustard over lettuce, with 4 grape tomatoes, capsicum, ½ cup walnuts, 1 slice wholemeal bread

SNACK

Wholemeal muffin with 2 tbsp low-fat cream cheese; ½ cup berries

DINNER

115g lean roast pork with ½ cup unsweetened apple sauce, 8 asparagus spears and 115g sweet potato

SNACK

Salad made with 5 hard-boiled egg whites, 2 tbsp avocado, sliced celery and salt-free seasoning; cup of herbal tea

DAILY TOTAL

1667 CALORIES
124G PROTEIN
203G CARBS
44G FAT

DAY 11

BREAKFAST

Smoothie made with vanilla whey protein, banana and strawberries, blended with 235ml almond or soy milk and ice

SNACK

170g plain low-fat Greek yoghurt with ½ cup fruit and ½ cup chopped walnuts

LUNCH

Sliced turkey breast on two slices wholemeal bread with low-fat mayo or Dijon mustard, lettuce, ¼ cup low-fat cheese; 15 baked tortilla chips

SNACK

Smoothie made with 1 scoop vanilla whey protein powder, ½ cup berries and almond milk

DINNER

115g grilled chicken breast, ¼ cup mango, ½ cup red kidney beans, red capsicum; topped with ½ cup plain low-fat Greek yoghurt, coriander and lime juice

SNACK

1 small apple with 1 tbsp natural almond or peanut butter

DAILY TOTAL

1675 CALORIES
140G PROTEIN
174G CARBS
50G FAT

DAY 12

BREAKFAST

2 wholemeal muffin with 2 tbsp maple syrup and ½ cup fruit; 4 egg whites, scrambled

SNACK

2 slices wholemeal bread, 1 tbsp almond butter, 1 tbsp natural strawberry jam

LUNCH

115g chicken breast over salad tossed with balsamic vinegar, 2 tbsp avocado; 1 slice of wholemeal bread

SNACK

1 scoop of whey protein mixed with water plus 1 tbsp almond butter and ½ banana; blended with ice

DINNER

115g grilled salmon; 2 cups steamed broccoli, 140g potatoes

SNACK

85g grilled chicken breast with 2 tbsp avocado and sliced cucumber

DAILY TOTAL

1881 CALORIES
152G PROTEIN
170G CARBS
51G FAT

DAY 13

BREAKFAST

1 whole egg scrambled with ¾ cup liquid egg whites plus ¼ cup low-fat cheese, spinach and tomato wrapped in tortilla; salsa

SNACK

1 cup wholemeal cereal with 1 cup of unsweetened almond, soy or low-fat milk plus ½ cup strawberries

LUNCH

115g turkey burger served in a small wholemeal pita with lettuce, tomato and mustard; 15 baked potato chips

SNACK

170g low-fat plain Greek yoghurt with fresh raspberries, cinnamon and ¼ cup toasted almond slivers

DINNER

115g grass-fed grilled flank steak served with baby spinach sautéed with 1 tbsp olive oil, sea salt and pepper to taste; 140g baked sweet potato

SNACK

Whey or casein protein shake blended with 1 tbsp powdered peanut butter, cinnamon and ice

DAILY TOTAL

1805 CALORIES
144G PROTEIN
177G CARBS
55.5G FAT

DAY 14

BREAKFAST

1 cup wholemeal cereal with 1 cup low-fat milk, soy milk or almond milk plus ½ cup berries

SNACK

1 orange with 10 toasted almonds; ½ cup plain low-fat Greek yoghurt

LUNCH

115g grilled salmon over large salad (cucumber, cherry tomatoes, capsicum, celery and onion) with 1 tbsp cheese, 1-2 tbsp balsamic vinegar plus 2 brown rice cakes

SNACK

12 brown rice crackers topped with sliced capsicum, 2 tbsp hummus, ½ cup low-fat cottage cheese

DINNER

¼ cup low-fat cheese and 60g turkey or chicken cut up and mixed with diced tomatoes, onion, green capsicum, chilli, ½ cup black beans, salsa and topped with 2 tbsp avocado

SNACK

1 sliced medium apple with 1 tbsp nut butter or natural peanut butter

DAILY TOTAL

1827 CALORIES
118G PROTEIN
205G CARBS
52G FAT

Clean doesn't
mean boring
- spice up
your menu
with fresh
ingredients



Introducing CELL Infuse Super Greens



IT'S **SUPERFOOD** WITH **ATTITUDE!**

PURE, RAW & POTENT

Nourishes at a cellular level,
to build a brand new healthy body.



CELL Infuse **Super Greens** is perfect for busy people on the go to provide natural energy & well-being.

Take daily to **super charge** your **health, strengthen & balance** your body. Tasting as good as it sounds this small change to your diet is an easy & fast way to **boost vitality**.

SUPERGREENS contains these 8 **ORGANIC**, GLUTEN FREE ingredients:

Chlorella	Supports a healthy immune system response
Moringa	The Miracle Tree! Known as the Anti-aging nutrient for cell rejuvenation
Spirulina	Increases fat burning during exercise & Natural Anti-inflammatory properties
Cacao	Wonderful for longevity & enhances serotonin
Maca	Balances Hormones and mood
Wheatgrass	Powerful Detoxifier and blood builder
Acai	Antioxidant and Energy Booster
Camu Camu	Offers great immune support & protects nervous system
Suggested dosage: 1/2 - 1-scoop daily in coconut water, smoothie or juice	

Proudly AUSTRALIAN made & owned!

Available exclusively at www.lifecellaustralia.com.au

CALL Our Order Hotlines: **1300 850 533** (Aust) **0800 886 047** (NZ)



THERE'S SOMETHING ABOUT *GLUTEN*



Everyone's going gluten-free these days,
but if you're not intolerant, are there any benefits?

• BY ALISON TURNER

A decade or two ago, fat was enemy number one. Then for a while it was carbs. Now, for the past few years, gluten has been the dietary world's whipping boy, with people everywhere suddenly avoiding it like the plague.

But ask the average person what gluten really is, and they probably can't tell you. Which begs the question: if most of us don't really know what gluten is, how can we be so sure that it's something we should avoid?

● SO WHAT EXACTLY IS GLUTEN?

Gluten is a grain protein found in wheat, rye, barley and oats. It's what gives dough its elasticity and bread that chewy texture. While it offers no nutritional benefits on its own, the foods that contain it are often high in important nutrients.

Not all grains contain gluten. Many – rice, corn, millet, quinoa, buckwheat and amaranth – contain none. Many other foods are naturally gluten-free, including beans, seeds, nuts, eggs, meat, fish, poultry, fruits and vegetables and most dairy.

Still, gluten is pretty much everywhere. Because it makes foods thicker and tastier, food manufacturers add it to anything, from canned soup and muesli

bars to sauces and ice cream. You can find gluten in lipstick, vitamins – even the sticky part on envelopes and stamps that you lick. This makes eliminating gluten completely rather difficult.

● IS GLUTEN REALLY THAT BAD?

If you have coeliac disease, gluten is definitely bad. "In people with coeliac disease [pronounced 'seel-ee-ak' and spelt celiac in some countries] the immune system reacts abnormally to gluten, causing small bowel damage," says Penny Dellsperger from Coeliac Australia (coeliac.org.au). "The tiny, finger-like projections which line the bowel (villi) become inflamed and flattened. This is referred to as 'villous atrophy'. Villous atrophy reduces the surface area of the

PIZZA CHAINS LIKE DOMINOS have jumped on the bandwagon, offering gluten-free crusts





BUCKWHEAT
PANCAKES are
a good swap
for coeliacs

28

PERCENTAGE OF
AUSSIES WHO ARE
FOLLOWING A
GLUTEN-FREE DIET*

concentration and general aches and pains. Your tolerance level is unique to you, and can be influenced by stress levels and other factors such as illness."

● HOW DO I KNOW IF I'M INTOLERANT?

While there are tests that can determine whether or not you have coeliac disease, there's no definitive test for gluten intolerance.

"Many people attribute symptoms to gluten intolerance," says Dellsperger. "Some of these people may in fact be undiagnosed coeliacs."

For Robinson, people seeking help for food intolerances such as gluten sensitivity make up about 95 per cent of her patients. "It's becoming so much more common," she says. "Many people are becoming more health conscious, and paying closer attention to how their body reacts to food. There's also a lot of information and scare tactics out there to get people to believe they need to cut out things when they don't – so in general, many people are just plain confused with what to eat and if they can or can't have certain things."

If you test negative for coeliac disease and think you might be gluten intolerant, you'll need to

bowel available for nutrient absorption, which can lead to various gastrointestinal and malabsorptive symptoms."

According to Dellsperger, approximately one in 70 Aussies have coeliac disease (one in 60 women and one in 80 men). "Of concern is that 80 per cent of those with the condition are not diagnosed," she says.

Then there's non-coeliac gluten sensitivity. "This is a less severe condition resulting in digestive symptoms similar to those with coeliac disease, but without the potential long-term detrimental effects," says Larina Robinson, a wholefood dietitian, nutritionist and founder of The Body Dietetics (thebodydietetics.com.au). "Common complaints include abdominal pain, diarrhoea, bloating and excessive wind, as well as lethargy, poor

GRAINS AND YOU



● "Grain foods are the number one source of seven nutrients that are essential for health and wellbeing including fibre, iron, zinc, magnesium and the B vitamins folate, niacin and thiamine, says dietitian Michelle Broom. "These vitamins and minerals are essential for

helping your body metabolise energy and keeping you healthy.

The Grains & Legumes Nutrition Council recommends eating grain foods 3-4 times a day, choosing at least half as whole grain or high fibre foods. "Interestingly, people who eat 3-4 serves of whole grain and

high fibre grain foods a day are less likely to gain weight than people who don't eat these foods," says Broom.

If you want to go gluten-free, there are a number of grains you can still eat, including rice, corn, millet, quinoa, buckwheat and amaranth.



LOVE LASAGNE?

There are gluten-free varieties available

COULD IT BE WHAT WE'RE EATING AS A WHOLE - RATHER THAN ONE INGREDIENT - THAT'S THE REAL PROBLEM?

see your doctor, who can look at your individual health conditions, lifestyle and symptoms and rule out any other possible conditions, such as irritable bowel syndrome (IBS). You can also try eliminating gluten from your diet for a while to see if you feel better, but this should be done under the

supervision of your doctor or a dietitian - following a gluten-free diet without being properly informed can also leave you at risk of malnourishment, as cutting out foods containing gluten can mean you're also reducing your intake of fibre and essential vitamins and minerals.

● HAVE WE GOT THE WRONG CULPRIT?

"Evidence now indicates that non-coeliac gluten sensitivity may not actually exist, says Dellsperger. "Emerging research indicates it may not be gluten that is the problem and that the malabsorption of fermentable sugars (Fermentable Oligo-saccharides, Disaccharides, Mono-saccharides and Polyols or FODMAPs) may be the culprit."

Robinson explains: "FODMAPs are highly fermentable carbs that can cause excess gas production, bloating, abdominal pain and other symptoms that in people with sensitive digestive systems, which could be interpreted as a gluten intolerance."

FODMAPs are found in a wide range of foods, from some fruits and vegies to dairy foods and legumes. And, as Robinson points out, many foods that contain gluten also contain FODMAPs. "Many people think they're cutting out gluten, but really they're just cutting out a lot of processed foods and starchy carbs, which makes them feel better. This is just because they're eating better, not because of an intolerance."

● SO IS THERE ANY BENEFIT TO GOING GLUTEN-FREE?

A review paper in the *New England Journal of Medicine* listed 55 conditions that may be linked to eating gluten, including cancer, lupus, multiple sclerosis and many other autoimmune diseases. Gluten has also been linked to psychological and neurological problems such as depression, schizophrenia, dementia and epilepsy. It has also been linked to autism. However, the evidence behind these claims is often scant.

"There are many theories circulating about how gluten and/or grains may be contributing to illnesses such as Alzheimer's and dementia, but these are still very much just theories. We don't have enough evidence to say they are definitely a contributing factor," Robinson says. "For those with coeliac disease and digestive disorders requiring a gluten-free diet, if they don't avoid gluten, then malnutrition from an inability to digest and absorb the nutrients from the food consumed may result in a



EAT SMARTER
More whole
foods and lean
proteins mean
a healthier you

range of health complications. These can possibly contribute to a more rapid ageing or death. Otherwise, there's not enough quality evidence to suggest we all need to avoid gluten to prevent premature ageing or increased risk of disease."

Fad or no, there are still around 30 per cent of the population who restrict gluten intake to some extent, according to Dellsperger. But could it be what we're eating as a whole – rather than one tiny ingredient in that whole – that's the real problem?

● THE BIGGER PICTURE

"Most people only really cut out things like bread, cakes, pastries, pizza and pies to go gluten-free, and they feel better," says Robinson. Many people also lose weight, simply because they've stopped eating rubbish.

Conversely, the growing number of gluten-free products on our shelves – many of which

are actually highly processed – are misleading people into thinking they're eating healthy food when they're really not.

"Some people even end up gaining weight because they eat large amounts of gluten-free cakes biscuits and other foods thinking they're a healthy option," says sports dietitian Caitlin Reid. "They're not healthier, they are just addressing a special dietary requirement for certain people."

Robinson agrees: "It's great to see more variety for those who really, truly need it," she says. "However, it's a shame that now marketers have noticed the trend, everything from chips and dips to yoghurt and lollies are marked as 'gluten free' in an attempt to drive sales. Just because it's gluten-free doesn't mean it's a healthier choice."

Apart from the enormous hassle

that eliminating gluten would be (think of all those new gluten-free lipsticks you'll have to buy), avoiding all foods containing gluten can put your health at risk.

"Cutting out major food groups increases the risk of vitamin and mineral deficiencies," explains dietitian Lisa Moskovitz. "When the body doesn't get the nutrients it needs, immunity and bone density can be compromised and the risk of cancer and nerve damage can increase."

If you're simply looking to improve your diet, try reducing your intake of processed foods and upping your intake of whole foods. Because, whether or not this is just a passing fad or a gluten-free diet actually has any real health benefits – a more conscientious approach to what you eat is definitely a step in the right direction, regardless. **S**

POTENTIAL DEFICIENCIES

Gluten-free dieters cut out fibre-rich whole grains and other breads and cereals enriched with folate.

THE RISKS

"When a diet lacks fibre, it raises the risk of weight gain, diabetes, heart disease and cancer. It can also make you constipated and tired," warns dietitian Lisa Moskovitz. "Not getting enough folate is also dangerous and can lead to anaemia, fatigue and can even make you sprout grey hair."

THE SAFEGUARD

Most gluten-free breads and cereals are not enriched with folate and aren't the best sources of whole grains. Instead, eat lentils, beans, quinoa, amaranth, spinach, strawberries and broccoli, which are all rich in folate and fibre.

Empower lunch

The right calorie count, portion sizes and more

Getting enough of the right stuff will keep your energy up, put you in a better mood and make your taste buds do a happy dance. So we tapped lunch-loving chefs, nutritionists and fitness experts to get the most creative, healthy ideas for a better midday meal.

BY ALYSSA SHELASKY

We blow it off. We scarf it down at our desks. We mindlessly order in (then wonder where all our \$20 bills went). Rarely does lunch get the love it deserves, but it should be a delicious, nutritious pause in your day – and not just because skipping it makes you cranky. Your brain needs glucose (from healthy carbs) to keep you productive and sharp and your body needs protein to maintain muscle mass and prepare for (and recover from) hard workouts. These tips and recipes will ensure you never have to sit at your desk nibbling a sad little rice cake while scrolling through Twitter again.

325
to 400 Calories

THAT'S THE LUNCHTIME GOAL. BUT YOU CAN EAT UP TO 600 – YOU'LL HAVE THE REST OF THE DAY TO BURN IT OFF.

Make a bigger, better sandwich

Your usual wimpy yawnwich is overdue for an upgrade. Start with hearty spelt or kamut-based bread, which are high in protein and fibre, and if you go for deli meat, pick a lean one that's free of added nitrates. Turkey breast can get monotonous, so try roast beef, which can be just as low in fat. Better yet, when you make dinner, set aside some of the main course to stack in tomorrow's sambo – you'll be surprised by how pretty much anything works, says blogger Claire Thomas, author of *The Kitchy Kitchen* cookbook. Her favourite leftovers combos:

- 1 *Harissa, kale, avocado, roasted portobello mushroom.*
- 2 *Chicken meatballs, arrabbiata sauce, rocket, red onion.*
- 3 *Grilled flank steak, mustard, cucumber, caramelised onions, baby spinach and thyme.*



FEED YOUR WORKOUT What you eat for lunch affects your exercise performance; conversely, your workout habits affect when and what you eat for lunch, says trainer Alan Courtenay. Strategise based on the timing of your sweat session:



MORNING

Even though you'll be very hungry by lunchtime, keep your portion sizes in check and eat your usual lunch – you may find it's all you need, and studies show that people consistently overestimate their calorie burn from a workout (and subsequently eat too much to compensate). If you're still peckish an hour or so later, supplement with apple slices and some nut butter.



LUNCH HOUR

Work out first, eat second. A chicken barley soup will fill you up and have enough protein, veggies and fibre. Cook up a big pot and freeze single servings that you can easily thaw and heat in the office microwave. If you need to eat pre-workout, Courtenay suggests having half a sandwich an hour before you head out and drinking at least half a litre of water. (Eat the other half-sandwich afterwards.)



EVENING

If you're going to the gym or a Spin class after work: "Eat lunch as usual and have some trail mix about two hours before class," advises Courtenay. Alternatively, you can set aside half of your lunch for that late afternoon pre-session fuel-up.

PACK UP PORTION CONTROL

They may be reminiscent of TV dinners, but pre-sectioned containers, like Japanese bento boxes, can make packing a balanced lunch a no-brainer. Find one with at least three sections and fill the biggest with veggies, the mid-size ones with complex carbs, lean protein and fruit, and the smallest with healthy fats, says nutritionist Shira Lenchewski. Two ideas for healthy combos to start you thinking:

- 1 *Farro mixed with fibrous vegetables (kale, chard) and sweet potato, a veggie dip, some grilled chicken or fish and a green apple.*
- 2 *Veggie quesadillas, guacamole, black beans and tomato and onion salad, with orange slices for dessert.*

Office survival stash

Your own personal under-desk mini fridge might be the best \$100 investment you can make in your diet (and dignity – no more sticking those “pls don’t touch” post-it notes on your stuff in the communal kitchen). Use it to chill your lunch, of course, but also to keep snacks that far outshine anything in the vending machine. Here’s what Alex and Sue Glasscock, authors of *The Ranch at Live Oak Cookbook*, consider at-work essentials for the mini fridge and snack drawer:

UNSALTED NUTS

HARD-BOILED EGGS

HOMEMADE DRESSING

WHOLEGRAIN CRACKERS

HEALTHY DIPS

like hummus or tzatziki

LOW-SUGAR FRUIT

like apples, pears, blueberries and bananas

CRUDITÉS

like cucumbers, broccoli, radishes, celery and capsicum

BROWN RICE

SINGLE SERVINGS OF CHEESE

AVOCADOS

MOOD MANAGER

Each time you snack, aim to combine protein, carbs, fibre and fat to keep your blood sugar stable



WEIGHT-CONTROL WEAPON

Paper plates, plastic forks and Styrofoam clamshells subtract several stars from any dining experience. “But when food is put on a real plate – even if it’s merely transferred from a Tupperware container – the meal is more appetising and more enjoyable. It can even prevent overeating,” says Lenchewski. Stash silverware and a salad plate in your desk, and your weight will benefit: studies show that plating food helps us visualise exactly how much we’re eating, so fullness cues kick in sooner – and you feel satisfied by eating fewer calories.



Keepin' vegan

Meatless Monday is good for your health and for the planet. And the Glasscocks' favourite vegan lunch is also good for your tastebuds and all-afternoon energy level: their black and white

bean salad with olives and rocket (prepared in bulk, then dressed in individual portions throughout the week) strikes a perfect balance between fat to keep you satisfied (the olives) and slow-burning carbs to keep your brain engaged (the beans).

People who ate the majority of their calories at midday were more likely to be slim than those who had their largest meal at dinner, found a study in the *Journal of Human Nutrition and Dietetics*

3 super sauces

You can liven up anything with the right dressings. And since you don't have time to prepare lunch each day, use them to wake up basic, big-batch dishes that you prep ahead of time (and portion into five to-go containers). Julia Turshen, healthy recipe goddess and co-author of *The Fat Radish Kitchen Diaries*, likes the layer system: **healthy carb + veggies + lean protein** elevated with a lively dressing. Have fun and experiment! One of Julia's go-to ideas is a baked potato stuffed with roasted broccoli and black beans, topped with a buttermilk dressing (recipe, right).

JULIA'S BOREDOM-BUSTING DRESSINGS

Finely chopped coriander mixed with minced ginger, soy sauce, rice wine vinegar and canola oil.

Buttermilk whisked with minced raw garlic, finely chopped chives, salt and pepper.

Veganise (or mayonnaise) whisked with a hot sauce like Sriracha and lime juice.



AND FOR THE FINALE...

If you need something to finish off your meal, try ending lunch with a mug of exotic tea or energising matcha (powdered green tea). And if it's that 4pm itch for sweets, work with it instead of against it and have a small portion of antioxidant-rich dark chocolate – individually wrapped will help you stop at one or two.

MASTER THE MENU

There will be days when you want to bust out of the brown-bag habit and go to an actual restaurant. Here's the ordering approach of John McDonald, restaurateur and avowed health nut: don't even consider the salads: "They're either the most caloric thing on the

menu, thanks to crispy fried toppings, cheese and heavy dressings, or so skimpy you're starving within the hour." Instead, go for a simple, deliciously prepared protein – even if that's a burger (just skip the bun – the white carbs convert straight to sugar). He also likes sashimi and a small side of rice. But more importantly: "Enjoy every bite." **B**

58

PERCENTAGE OF READERS WHO TOLD US THAT THEY EAT LUNCH AT THEIR DESK OR IN FRONT OF A COMPUTER THREE OR MORE DAYS A WEEK. (ONLY 21 PERCENT SAID THEY NEVER DINE DESKSIDE.)

SOURCE:
Shape online
reader survey



FANCY

EASY

FAST

You've
never made
weeknight
dinners like
these before

PHOTOGRAPHS BY CHRISTINA HOLMES

FOOD STYLING BY JAMIE KIMM; PROP STYLING BY LISA LEE FOR RAY BROWN PRO. OPPOSITE PAGE LETTERING BY MOLLY JACQUES



The mango gives this dish a bright punch of flavour and is packed with fibre and antioxidants

Step away from the boring chicken breasts and broccoli florets. These recipes from chef Lorraine Pascale, author of *Everyday Easy*, get a creative, healthy meal on the table (including sides!) in 20, 25 or 30 minutes flat.

TAPENADE-CRUSTED COD WITH MANGO & AVOCADO SALAD

Serves: 4

Cook time: 10 minutes

Total time: 20 minutes

- ¼ cup pitted black olives
- ¼ cup extra-virgin olive oil plus 1 teaspoon more for salad
- 2 tablespoons capers

- 2 sprigs fresh rosemary, leaves removed
- 2 small garlic cloves, peeled
- Salt
- Freshly ground black pepper
- 4 thick, skinless cod fillets
- 1½ cups cubed mango
- 2 radishes
- ½ ripe avocado
- A few fresh basil leaves
- 85 grams pea shoots or rocket
- 1 lime

1 Preheat the oven to 200°C. In a blender or food processor, combine olives, olive oil, capers, rosemary leaves and garlic. Season with a bit of salt and pepper and process until smooth. Place the fish fillets on a baking tray, smear tapenade over the tops, and bake fillets in the oven for 10 to 12 minutes.

2 While the fish cooks, make the salad. Add mango pieces to a medium bowl. Trim and finely slice radishes and slice or dice avocado and add to bowl. Tear the basil leaves

and add, along with the pea shoots or rocket, to the bowl. Season with salt and pepper, drizzle with 1 teaspoon oil, and squeeze lime juice over salad. Toss to combine.

3 When fish is cooked (it should be opaque through to the centre), remove it from oven. Divide the salad among four plates, top it with the cod, and serve.

► NUTRITION SCORE PER SERVING

325 calories, 21g fat (3g saturated), 16g carbs, 22g protein, 4g fibre, 246mg sodium



CHICKEN TIKKA MASALA WITH FLUFFY BASMATI RICE

Serves: 4

Cook time: 20 minutes

Total time: 20 minutes

- 3 tablespoons garam masala
- 1 tablespoon paprika
- ½ tablespoon vegetable oil, plus more for rice
- 4 skinless, boneless chicken breasts, cut into 2.5cm chunks
- 1½ cups basmati rice
- 1 teaspoon ground turmeric or curry powder or a pinch of saffron strands (optional)
- 1 bunch spring onions
- 4.5 cm piece of fresh ginger
- 2 garlic cloves
- 1½ cups plain yoghurt or light cream (optional)

200g tomato purée

- 2 teaspoons English mustard powder (like Colman's)
- salt and pepper
- fresh coriander or parsley leaves to garnish

1 Set a pot or kettle with 3 to 4 cups of water to boil. Meanwhile, heat a large frying pan over medium high and add the garam masala and paprika. Toast for several minutes until fragrant and then transfer to a plate and set aside.

2 Drizzle oil into the frying pan. Cook chicken for 5 minutes over medium high, tossing from time to time, until evenly browned.

3 In a medium saucepan, combine rice and turmeric, curry powder or saffron. Pour enough boiled water to cover the rice by 2cm, cover with a lid and bring to a boil. Then reduce heat to low and cook for time directed on the package.

4 Meanwhile, trim and finely slice the spring onions, peel and grate the ginger and peel and finely chop the garlic. Add them to the chicken along with yoghurt or cream (if using), tomato purée, toasted spices and mustard powder. Continue to stir until sauce thickens and chicken is cooked through. Adjust seasoning to taste and if sauce gets too thick, thin it with water.

5 When rice has absorbed all the water, remove from heat, fluff with a fork, season with salt and pepper and add a drizzle of oil, if desired. Cover to keep warm.

6 Divide rice among four plates and top with the chicken and sauce. Garnish with coriander or parsley, if using.

► **NUTRITION SCORE PER SERVING**
497 calories, 6g fat (1g saturated), 80g carbs, 33g protein, 7g fibre, 166mg sodium

SPICY BEAN BURGERS WITH CORN COUSCOUS & CORIANDER-LIME CREAM

Serves: 4

Cook time: 12 minutes

Total time: 30 minutes

- 1 can kidney beans
- 1 can lima beans
- 1 bunch spring onions
- 1-2 chilli peppers (depending on your heat preference)
- 1 garlic clove
- 100g sun-dried tomatoes
- 1 large handful of fresh coriander, stems discarded
- ¼ cup plain dried bread crumbs
- 2 medium eggs
- Salt
- Freshly ground black pepper
- 115g feta
- ½ tablespoon sunflower oil
- 1 ¼ cups couscous
- 2 teaspoons extra-virgin olive oil
- ⅓ cup sour cream or crème fraîche
- ½ lime
- 150g cherry tomatoes
- 1 small can sweet corn
- 1 small red onion
- 1 ripe avocado

1 Drain and rinse kidney and lima beans and add to a large bowl. With a potato masher, give them a rough mash (you can also quickly pulse the beans in a food processor).

2 Trim and finely slice the spring onions, seed and finely slice the chilli peppers, peel and finely chop the garlic and finely chop the sun-dried tomatoes; add all to the beans. Finely chop coriander; add half to bean mixture, reserving the other half. Add bread crumbs to the beans and crack the eggs into the bowl. Season generously with salt and pepper and mix to incorporate eggs. Crumble feta and gently fold it into the mixture.

3 Boil 1 ½ cups of water. In a large frying pan over medium, heat sunflower oil. Shape bean mixture into four

patties. Add to the pan and leave to cook for 5 minutes. When undersides are golden and crisp, carefully flip and cook for 5 minutes more.

4 Meanwhile, to a medium bowl, add couscous, 1 teaspoon olive oil and boiled water. Cover tightly with plastic wrap and let sit for 8 minutes.

5 In a small bowl, combine reserved coriander with sour cream, salt and pepper to taste and a squeeze of lime juice. Set aside.

6 Halve the cherry tomatoes and drain the corn. When couscous is tender, fluff with a fork, add tomatoes and

corn and drizzle with the remaining olive oil. Season to taste with salt and pepper and cover to keep warm.

7 Peel and slice the red onion into rings. Peel, pit and slice or dice the avocado. Divide couscous among four plates. When burgers are crisp and golden on both sides, place one on each plate. Dollop cream sauce on top of the burgers, arrange the avocado and onion rings on top, scatter any remaining coriander leaves over plates, and serve.

► **NUTRITION SCORE PER SERVING** 666 calories, 23g fat (9g saturated), 91g carbs, 27g protein, 16g fibre, 657mg sodium

Spicy foods can raise your metabolism for up to 3.5 hours post-meal



PRAWN LINGUINE WITH CHORIZO & CABERNET-TOMATO SAUCE

Serves: 4

Cook time: 25 minutes

Total time: 25 minutes

- 2 teaspoons fennel seeds
- 150g fresh spicy chorizo
- 2 sprigs fresh rosemary, leaves removed
- 2 garlic cloves
- 1 red chilli pepper
- 1 tablespoon olive oil
- 2 cans chopped tomatoes
- 150ml cabernet sauvignon (or substitute another red, or good-quality fish or chicken stock)
- 1 tablespoon harissa paste (substitute tomato purée for less heat)

- 2 teaspoons dried oregano
- 225g peeled prawns (preferably raw, but cooked will work too)
- Salt
- Freshly ground black pepper
- 2 teaspoons sugar (optional)
- 300g linguine
- Small handful flat-leaf parsley, stems discarded

1 Heat a large frypan over medium. Use a mortar and pestle to lightly crush fennel seeds (or place in a zip-top plastic bag and crush with a rolling pin). Toast for 3 to 4 minutes or until fragrant.

2 Slit chorizo down the side, peel and discard the casing and cut meat into chunks. Finely chop rosemary leaves. Peel and finely chop the garlic and seed and finely chop the chilli pepper.

3 Add chorizo, rosemary, garlic and chilli to the fennel seeds with 2 teaspoons oil. Cook for 1 to 2 minutes, stirring. Add the tomatoes, wine, harissa and oregano. Turn up heat to medium high and cook for 15 minutes, stirring occasionally to prevent sticking, adding prawns for the last 4 to 5 minutes or until cooked through. Season with salt and pepper, and add sugar, if using.

4 Meanwhile, cook the linguine in a large saucepan according to package directions. Drain well and return to the pan; toss with salt, pepper and 1 teaspoon oil and cover to keep warm until sauce is finished.

5 Pour prawns and sauce over pasta, toss well and divide among four plates. Garnish with parsley leaves and serve.

► NUTRITION SCORE PER SERVING

632 calories, 22g fat (6g saturated), 75g carbs, 30g protein, 7g fibre, 1214mg sodium





MOROCCAN CHICKEN POT PIES

Serves: 6

Cook time: 30 minutes

Total time: 30 minutes

- Cooking spray
- 2 large onions, thinly sliced
- 4 large chicken breasts, cut into 3cm chunks
- 3 tablespoons cornmeal
- Salt
- Freshly ground black pepper
- 1 garlic clove, finely chopped
- 3cm piece fresh ginger, peeled and chopped
- 2 teaspoons cinnamon
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 2 ½ cups chicken stock
- 2 carrots, peeled and sliced into ½-cm slices

115g frozen peas

60g dried apricots, roughly chopped

3 sheets filo pastry dough

small bunch of coriander or flat-leaf parsley, leaves removed and chopped

30g flaked almonds

1 Preheat oven to 175°C. Coat a large pan with cooking spray and heat over medium. Add onion and cook for 5 minutes, stirring occasionally, until softened.

2 While onions cook, toss chicken with cornmeal, salt and pepper until evenly coated.

3 Add garlic and ginger to the pan. After 1 minute, add cinnamon, cumin and paprika. Cook for 1 more minute, add chicken, cook for another minute and then gradually add stock, stirring continuously. Turn heat to high, add carrots, peas, apricots and a touch more salt and pepper. Bring

to a boil, then reduce heat, cover and simmer gently until chicken is cooked through and sauce has thickened, about 5 minutes.

4 Meanwhile, prepare the topping. Stack filo sheets in a pile and using a sharp knife, pizza wheel or pastry cutter, cut them widthwise into strips. Cover with a damp tea towel until ready to use.

5 Divide filling among six ramekins and scatter coriander or parsley over each. Divide filo strips into six even bunches and lay one bunch messily on top of each pie. Scatter almonds evenly over tops, spray each pie with two squirts of cooking spray and bake for 15 minutes or until chicken is cooked through and piping hot, filo is crisp and golden brown and sauce is bubbling. Remove from oven and serve immediately. **5**

► **NUTRITION SCORE PER SERVING**
260 calories, 5g fat (1g saturated), 30g carbs, 22g protein, 5g fibre, 327mg sodium



SUPERFOOD

SHOWDOWN



Food hero or super con? We take a closer look at the usual suspects...

• BY ALISON TURNER

Sure, a concept that gets people to eat more vegies is great, but who gets to decide which foods are “super” and which foods are just your run of the mill comestible? The truth is, once you look past the marketing hype, you might be surprised how many truly “super” foods there are out there – and the more of them you’re eating, the better.

ARE YOU THE ONE?

While public awareness in superfoods has grown in the last decade or so due to an increased interest in health and vitality, the idea of a super-healthy food has been around a bit longer than that. Probably the first widely known superfood was spinach, which was popularised by Popeye – a cartoon character from the 1950s who scarfed cans of spinach to give himself super strength. But the idea that one single food can provide you with everything you need can be problematic.

“The term superfood has no official definition, but seems to be a great marketing tool to sell the most hyped health foods of the moment,” says nutritionist and personal trainer Michael Ferraro. “There is no evidence that ‘superfoods’ are any better for us than the ‘normal’ foods we need to eat as part of a balanced diet.”

So, whatever you like to call them, while there are some foods that are nutritional stand-outs – they’re only going to add to your health and vitality if you combine them with as broad a variety of fruits, vegetables, lean proteins and grains as possible. Here’s a look at some of the foods of the moment, and the impressive contenders that are jostling for that throne.

Around 10-15 years ago, the word “superfood” crept its way into the modern lexicon. Without warning, our supermarket shelves suddenly began groaning under the weight of all the superfood signage, alerting us to products that could boost our health to stellar heights and vanquish villains like cancer. Foods like the hitherto overlooked kale were suddenly skyrocketed to superstar status.



• Kale is a great source of iron, calcium and vitamins A and K, but so are other leafy greens

[SUPERFOOD #1] KALE

It's green, it's tough and it tastes... green and tough. So it must be good for you, right?

"Kale does pack a lot of nutrition in," Ferraro says. "It's high in iron, calcium and vitamins A and K – definitely a great contender for a 'super' food."

Of course, that's when it's in its whole food form. Adding kale to processed foods – such as kale chips – doesn't miraculously make it good for you. A 35g packet of kale chips contains more than 15g fat, and 15 percent of your daily salt requirement.

There are other leafy greens which are also really good for you: "Spinach, watercress and lettuce all provide different nutrient profiles and should also be incorporated into a diet," Ferraro says. So mix up your greens and your body will enjoy more benefits.

[SUPERFOOD #2]

WHEATGRASS

Another bitter-tasting green, usually sold in liquid shot form. The claim is, a shot of wheatgrass juice is nutritionally equivalent to a kilo of fresh veges. Sadly, this is not true – a shot of juiced wheatgrass contains no more and sometimes fewer vitamins and minerals as an equivalent amount of other green vegie.

"Wheatgrass has been promoted as a superfood for its healing properties, in particular blood cleansing due to its high chlorophyll content," Ferraro says. "Wheatgrass is generally consumed in a juice form, but normally it's better to consume a plant food in its own form since you're getting the nutrition of the

structural components of the plant.

"Nutritionally, there isn't anything magical about wheatgrass – broccoli and spinach are two examples of vegetables which are more nutritionally complete than wheatgrass when calorie matched."

[SUPERFOOD #3] CHIA SEEDS

You can find chia seeds in everything these days – in bars and cereals, yoghurts and breads. It's claimed that the seeds fuelled ancient Aztec warriors, and that it can do everything from help you lose weight to preventing cardiovascular disease. The truth? Chia seeds do have an impressive

nutritional resume, but they're not necessarily any better than any other seed.

"Chia seeds are a complete protein, meaning they contain all the essential amino acids, which is unusual for a plant food," Ferraro explains. "For this reason they're a great addition to a vegetarian or vegan diets."

They're also rich in antioxidants and fibre and are unusually high in omega 3 fatty acids. But there's a catch: "It must be said that while chia seeds contain omega 3 and antioxidants, our bodies aren't as efficient in using omega-3 from plants as from oily fish, and the antioxidants of plant origin aren't likely to be as available to us," Ferraro says. "Other grains and pulses are equally as high in protein and fibre when combined, and hemp and linseed are also high in omega 3."



"BLUEBERRIES ARE ONE OF THE BEST FOODS OUT THERE IN TERMS OF NUTRIENT DENSITY"

[SUPERFOOD #4] BLUEBERRIES

In the realm of superfoods, blueberries well could be king. Although it's one of the smallest fruits, the blueberry certainly packs a big nutritional wallop.

"Blueberries are probably one of the best pound-for-pound foods out there in terms of nutrient density," Ferraro says. "They're low calorie, low GI and particularly high in vitamins C, K and manganese. In particular, blueberries have been researched for their brain protective and anti-ageing benefits, mostly due to the high quantity of anthocyanin, a powerful antioxidant and anti-inflammatory."

Unless you're allergic, or you really hate them, it's difficult to find a reason not to include blueberries regularly in your diet. "That being said, there are a huge range of fruits that are rich in vitamin C," Ferraro points out. "Blueberries aren't the only anthocyanin-containing fruit – cranberries, blackberries and raspberries are great alternatives."

"Bananas also beat blueberries in two essential minerals that many Australians don't get enough of: potassium and magnesium."

So that's a big thumbs up for blueberries. Put some in your kale and wheatgrass smoothie to make it taste better.

[SUPERFOOD #5] GREEN TEA

This has been used in traditional Chinese medicine for centuries, but although proponents of this tea claim it can do everything from help you lose weight and avoid Alzheimer's to lower cholesterol levels, there's scant scientific evidence to support this. But the news is not all bad.

"Consumption of teas, and particularly green tea, has been shown to decrease incidence of chronic diseases such as cardiovascular disease and cancers," Ferraro says. "Green tea is high in a certain group of antioxidants called polyphenols."

"But to say one tea is healthier than another is pointless, when there is very convincing evidence to encourage the consumption of all teas. Black tea may be lacking in certain polyphenols that green tea contains, but makes up for it in others."

Overall, all teas are a great way to boost nutrients without consuming high quantities of calories, so there are plenty of good reasons to drink a varied range of teas multiple times daily.



[SUPERFOOD #6] SALMON

Delicious, lean and nutritious, salmon is a great way to get your protein without packing in the fat.

"Salmon is known as a superfood because of its richness in omega-3 fatty acids, particularly the brain-boosting DHA component," Ferraro explains. "For this reason it's thought to assist with helping improve mood. Its omega-3 fats also assist in inflammation in the body, particularly in joints with arthritis, and may help control asthma by lowering inflammation in the lungs."

"Unfortunately, most salmon we find in the present day is farmed, and salmon is not a sustainable fish." Farmed salmon is known to contain higher quantities of toxins than other fish, and salmon farms also contribute negatively to the environment. For this reason, smaller ocean fish which are generally caught wild are a much better option," Ferraro says. "Anchovies may offer more omega-3s than salmon, and sardines and mackerel aren't far behind."



BLEND YOURSELF SUPER



← INCA POWER

Maca has been used in traditional Eastern medicine for millennia. Forest Super Foods Maca Powder is high in protein for muscle. Add it to shakes. forestsUPERFOODS.com.au



← GO GREEN

Boost your health with Cell Infuse Super Greens, made for natural energy, and well-being. Made with high quality organic ingredients. lifecellaustralia.com.au



← SWEET & SUPER

Power Super Foods' Goji Blend combines the antioxidant power of goji berries and cacao. Great on its own as a snack, or as an add to trail mix. powersUPERFOODS.com.au



THE LOWDOWN

While superfoods are all well and good, they're not much good for you all on their own. In reality, all fruits, vegetables and other wholefoods are an excellent source of nutrition.

"There is no scientific evidence to show that supplementing your diet with a single 'superfood' will result in any of the promised effects," Ferraro says. "It's dangerous to think that a single food will optimally cover your essential or optimal nutrient needs. It cannot be forgotten that foods, particularly plant foods, have synergistic qualities, meaning a broad range of foods consumed together will be greater than the sum of all parts."

So when it comes to superfoods – the more the merrier. The broader range of wholefoods you eat, the more super you will become.

SUPERFOODS: THE NEXT WAVE

ANOTHER TONGUE-TWISTER

Think quinoa was hard to pronounce? Meet kañiwa (pronounced kan-yi-wa), quinoa's smaller relative. An excellent source of protein and amino acids, and exceptionally rich in iron, use this gluten-free seed in place of grains in soups, salads and rice-style dishes.

TURN OVER A NEW LEAF

Dandelion greens are the latest leaves to make their way to your salad bowl or green smoothie. An excellent source of vitamins like A, B, C and K, plus rich in fibre, calcium, manganese and iron. Health claims include helping the liver detox.

THE LATEST BUZZ

Bee pollen is the stuff collected by bees from flowers. Rich in proteins and amino acids, plus it's high in B vitamins, particularly B12, which can be hard to find in vegetarian sources. Use it to soothe skin conditions, boost energy and fire up your libido.

UNDER THE SEA

Kelp (aka algae or seaweed) is packed with vitamins and is a concentrated source of calcium and iodine. Containing more than 70 nutrients overall, kelp is also a good substitute for salt if you want to spice up your dinner. **5**

THE TOP 10

Researchers from William Peterson University in the US recently compiled a list of the 41 "powerhouse" fruit and veg, ranked by the amounts of 17 critical nutrients they contain. Here's the top 10 and how they scored out of 100:



1. WATERCRESS 100



2. CHINESE CABBAGE 91.99



3. CHARD 89.27



4. BEET GREENS 87.08



5. SPINACH 86.43



6. CHICORY 73.36



7. LEAF LETTUCE 70.73



8. PARSLEY 65.59



9. ROMAINE LETTUCE 63.48



10. COLLARD GREEN 62.49



INTRODUCING *Tuna Meals*

*A whole world of
Healthy Ready to Eat Snacks
in 4 delicious flavours*



THE SNACKING TREND WITH A HEALTHY ALTERNATIVE

FEATURES

Ready to Eat

Fresh quality ingredients

BENEFITS

- No heating required
- Fork included
- Just open and enjoy a delicious healthy snack
- Source of Protein
- Low in Saturated Fat
- All natural ingredients

www.safcol.com.au



Guy Leech
Healthy eating and
Safcol Brand Ambassador





DISCOVER THE

BLUE ZONE

Photographs by Hannah Whitaker

Fresh, quality ingredients that are simply prepared: foods from parts of the world known as Blue Zones are easy to make and meant to be enjoyed over laughter and conversation with friends and family... and good wine. Diane Kochilas, chef and author of *Ikaria*, brings the flavours of one of these zones – Ikaria, Greece – to your kitchen.



On the Greek island of Ikaria – a tiny, rocky stretch of land in the Aegean Sea – the people seem to live forever. It's one of the world's Blue Zones, a term coined by Dan Buettner, author of *The Blue Zone Solution*, to describe pockets on the planet full of healthy 100-year-olds.

OUT OF THE BLUE

The best known of these Blue Zones would probably be Okinawa, Japan. This island has been referred to as the “Land of Immortals”, with Okinawan women living longer than anywhere else

on the planet. A traditional Okinawan lifestyle includes eating a modest vegetarian diet. They have a saying – “hara hachi bu” – which is a 2500-year old Confucian mantra that reminds them to stop eating when their stomachs are 80 per cent full. Okinawans also stay active late into life and maintain strong relationships with family and friends. These habits keep them healthy and happy well into their old age. Another key aspect of this island community's longevity is having a sense of purpose, or what they call “ikigai”. Buettner and his team



believe having a reason for living can add up to seven years to your life!

Other Blue Zones include the Ogliastra region of Sardinia, which has the world's highest concentration of male centenarians; Loma Linda, a Seventh Day Adventist community in California who live 10 years longer than their North American counterparts; and Nicoya, Costa Rica, which boasts the world's lowest rates of middle-age mortality.

When Buettner and his *National Geographic* team studied the population in each location, they found common threads in lifestyle (less stress, strong faith, social support), as well as diet (mostly plant-based, lots of beans, moderate alcohol consumption). His recent work focuses on how to bring the foods and behaviours of the Blue Zones into our communities.

ISLAND LIFE

The population of Ikaria live eight years longer than the average Westerner, experience 20 percent less cancer, half the rate of heart disease and almost no dementia. Ikarians credit modest wine consumption, an active lifestyle and an easy-going pace of life for their longevity. They also eat an extremely healthy diet. While

Buettner was doing his research, he interviewed Diane Kochilas, a Greek-American chef who had grown up in an Ikarian enclave in New York City, US. Kochilas has spent her career bringing the tastes and foods of Ikaria to the table, most recently her new cookbook, *Ikaria: Lessons on Food, Life, and Longevity from the Greek Island Where People Forget to Die*.

"I was 12 the first time I visited Greece and experienced that explosion of flavours from really simple food – tomatoes off the vine, cherries out of the tree," she says. "I can still taste those foods, and they've informed my whole experience as a cook."

Ikaria has historically been a poor place, and people didn't always have much to eat. But what they did have was very high in quality. The island provided them with greens to forage and they ate in season, with many residents even making their own olive oil. They turned very basic, simple, inexpensive (or even free) foods into delicious meals, staying true to the raw ingredients and letting their flavours shine. That way of preparing food continues to inform Kochilas' cooking, including her mouth-watering, nutrient-packed recipes you'll find here.

Baked chickpeas

Serves: 6

Cook time: 4 hours
(if using dried beans)

Total time: 4 hours, 15 minutes
(if using dried beans)

- 500g dried chickpeas, soaked overnight, or 8 cups canned, drained chickpeas (reserve liquid)
- 6 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 3 bay leaves
- Salt
- Freshly ground black pepper
- 3 large red onions, halved and sliced
- 3 garlic cloves, cut into slivers
- 1 red capsicum, cut into ½-cm rings
- 1 green capsicum, cut into ½-cm rings
- 1 yellow capsicum, cut into ½-cm rings
- 1 small carrot, halved lengthwise and cut lengthwise into thin (¼-cm) strips
- 2 large, firm ripe tomatoes, cut crosswise into 6 slices
- ½ cup Greek extra virgin olive oil

1 If using dried chickpeas, drain and add to a large pot. Add fresh cold water until chickpeas are covered by 5cm. Bring to a boil, then reduce to a simmer and cook until halfway tender, about 1 hour. Reserving the cooking liquid, drain the chickpeas.

2 Preheat oven to 165°C. Add chickpeas to an ovenproof baking dish. Pour in bean liquid until chickpeas are ¾ of the way covered. Add herbs and season with salt and pepper.

3 Arrange onions on top of chickpeas, followed by garlic, capsicum and carrots. Add tomatoes and drizzle with olive oil. Cover pan with lid or baking paper and then foil. Bake for 2 ½ hours. Remove cover and continue to bake until tender, almost all of the liquid has evaporated, and vegetables are almost charred, about 30 minutes more.

* Nutrition score per serving

501 calories, 23g fat (3g saturated), 61g carbs, 17g protein, 17g fibre, 37mg sodium

BLUE ZONE INGREDIENT

Nearly all the fat in chickpeas is unsaturated, making them a healthy choice for stews, soups and even snacks. (Ikarians often dry and salt them, eating them like peanuts.)

"The cornerstone of every longevity diet is beans," says Buettner.





Silverbeet dolmades filled with dried corn & herbs

Serves: 6

Cook time: 45 minutes

Total time: 50 minutes

- 2-3 bunches of silverbeet, stems trimmed
- ½ cup Greek extra virgin olive oil
- 3 large red onions, finely chopped
- 2 cups dried sweet corn kernels, soaked overnight in cold water and then drained, or a mix of ¾ cup fresh or thawed frozen corn and 1 ¼ cup coarse bulgur soaked in 1 ¼ cup water for two hours
- 1 bulb fennel, finely chopped
- 1 cup fresh mint leaves, chopped
- ½ cup chopped fresh chervil (optional)
- 1 ½ cup chopped fresh flat-leaf parsley
- Salt and pepper

1 In a large pot of boiling salted water, blanch silverbeet for 1 minute. Drain and rinse with cold water. Pat dry and set aside.

2 In a large frypan, heat 2 tablespoons of the olive oil over low. Add onions and cook until very pale golden, about 10 minutes.

3 Combine the corn or corn and bulgur mixture, onions, fennel and chopped herbs. Season with salt and pepper to taste.

4 Lay one silverbeet leaf flat, and place 2 tablespoons of filling on bottom centre. Fold in sides and roll into a cylinder (like a spring roll). Repeat with remaining leaves and filling.

5 To a large, wide pot, add 2 tablespoons of the olive oil. Place dolmades seam-side down, fitting them snugly next to each other. Add enough water to just cover them.

6 Cover the pot and bring to a simmer over medium heat. Reduce heat and cook until leaves and filling are tender, about 30 minutes more. Remove from heat, add remaining olive oil and serve.

*** Nutrition score per serving**

302 calories, 21g fat (3g saturated), 28g carbs, 7g protein, 10g fibre, 54mg sodium



Sweet potato & rocket salad

Serves: 6

Cook time: 15 minutes

Total time: 20 minutes

- 700g sweet potatoes
- Sea salt

- 1 large red onion, halved and thinly sliced (you can substitute 1 bunch of spring onions, sliced)
- 2 bunches fresh rocket, trimmed and roughly chopped
- ½ cup Greek extra virgin olive oil
- 3-4 tablespoons red wine vinegar
- 1 cup crumbled Greek feta cheese or goat cheese (optional)

1 To a large pot, add sweet potatoes and cover with 5cm cold water. Add salt and bring to a boil over medium. Simmer until fork-tender (about 15 minutes). Remove, cool slightly, peel, and cut into 4-5-cm cubes. (Alternatively, you can roast or grill cubed sweet potatoes.)

2 Transfer sweet potatoes to a serving bowl. Add onion and rocket and season with salt to taste. Add olive oil and vinegar and toss to combine. Add cheese if using, toss again and serve.

*** Nutrition score per serving**

277 calories, 19g fat (3g saturated), 25g carbs, 4g protein, 4.5g fibre, 53mg sodium

"For this dish, I started with a recipe for a traditional Ikarian cauliflower stew, and created something contemporary"



BLUE ZONE INGREDIENT

Potatoes, eaten almost daily in Ikaria, help lower blood pressure and diabetes risk and prevent inflammation. High-quality Greek olive oil is thick, cloudy and a deep golden green. Regular consumption may help protect against heart disease.

Wholemeal pasta with cauliflower

Serves: 4

Cook time: 40 minutes

Total time: 45 minutes

- 1 large head of cauliflower, trimmed
- 1 medium orange
- 3 tablespoons Greek extra-virgin olive oil
- 2 large red onions, roughly chopped
- 2 cloves garlic, minced
- Salt
- Black pepper
- 6 sun-dried tomatoes in olive oil, chopped
- ½ teaspoon ground cumin (plus more to taste)

½ teaspoon ground turmeric (plus more to taste)

½ teaspoon curry powder (plus more to taste)

2 sprigs fresh rosemary

500g wholemeal pasta, preferably tagliatelle

4 tablespoons ground walnuts

1 Cut the cauliflower in half from the crown to the base. Place each half stem-side down and cut in half again. Slice into thin pieces (they should look like cross sections of florets). Wash well and drain.

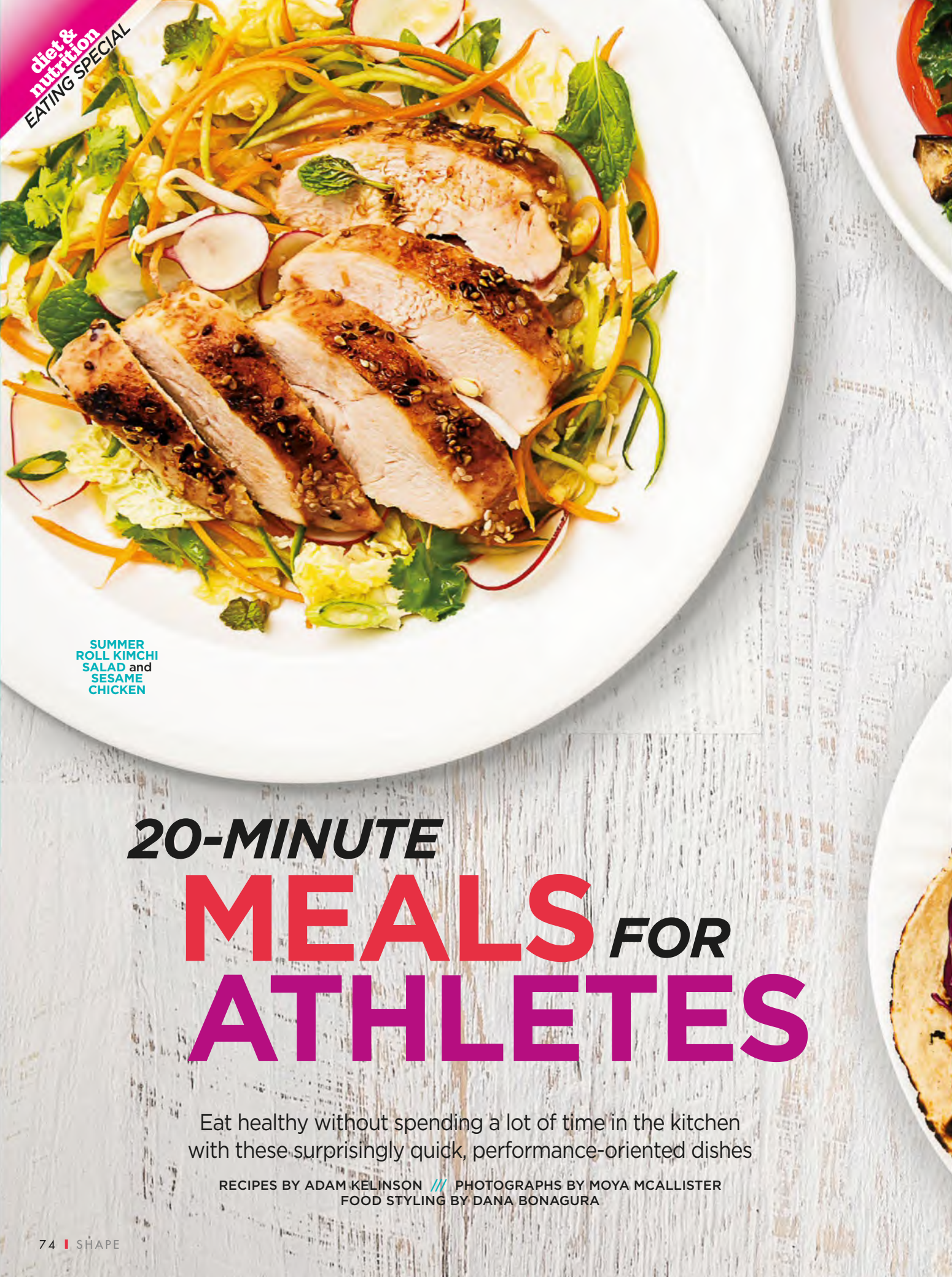
2 Wash the orange and cut in quarters, lengthwise. Cut each quarter into small, ½-cm thick wedges.

3 In a large, deep frypan over medium, heat olive oil and add onion. Cook, stirring, until wilted. Stir in garlic, add cauliflower pieces and toss to coat. Season with salt and pepper. Stir in orange pieces, sun-dried tomatoes, cumin, turmeric and curry powder. Add rosemary sprigs to the pan, pour in ½ cup water, cover and cook until cauliflower is softened but still al dente, about 20 to 25 minutes.

4 Meanwhile, heat a large pot of salted water until boiling. Add pasta and cook until al dente, then drain.

5 Add pasta to the cauliflower pan and toss. Divide among four plates, garnish with ground walnuts and extra olive oil, if desired, and serve. **S**

*** Nutrition score per serving**
630 calories, 17g fat (2g saturated), 109g carbs, 23g protein, 21g fibre, 88mg sodium



diet & nutrition
EATING SPECIAL

SUMMER
ROLL KIMCHI
SALAD and
SESAME
CHICKEN

20-MINUTE MEALS *FOR* ATHLETES

Eat healthy without spending a lot of time in the kitchen with these surprisingly quick, performance-oriented dishes

RECIPES BY ADAM KELINSON /// PHOTOGRAPHS BY MOYA MCALLISTER
FOOD STYLING BY DANA BONAGURA



BAKED FALAFEL
with ROASTED
VEGIES
and KALE



SPEED WORK
Prepping
ingredients in
advance can help
get your meal on
the table in just
a few minutes



FISH TACOS with
TOMATO SALSA

T

Think “fast food” equals junk? These recipes – a delicious array of globally influenced cuisine that can be on your table in as little as 20 minutes – prove otherwise. “I tell my clients that luxurious food doesn’t have to take all day to prepare,” says nutritionist and chef Adam Kelson, author of *The Athlete’s Plate*, who developed these meals. And while it may take a little extra time up front to make sure you have fresh ingredients on hand, the results are worth it. Ingredient quality is key, he says; he recommends buying local and organic whenever possible. “And it doesn’t have to take as much time as you might think,” adds Kelson, who is also the founder of Organic Performance, a consulting and chef service based in the US. Try one of these high-protein, low-carb meals the next time you’re in a hurry or whenever you want something quick, tasty and satisfying.

PER SERVING

Calories: **500**
Fat: **35g**
Saturated fat: **10g**
Carbs: **23g**
Fibre: **4g**
Protein: **34g**

Crisp vegies and sprouts balance the moist, savoury chicken breasts

Summer roll kimchi salad and sesame chicken

MAKES 2 servings

This salad is perfect for lunch, a quick dinner or even as a breakfast after an early morning workout. The coconut oil may contain cholesterol-free saturated fats, but these fats in moderation are necessary for testosterone production to help build lean muscle; and chicken breasts are the perfect lean protein. Swap other ingredients depending on what’s fresh at the market. Or sub microgreens or rocket for the mung bean sprouts if desired.

INGREDIENTS

CHICKEN:

- 1 tbsp coconut oil
- 2 tbsp tamari sauce
- 2 tbsp fish sauce
- 2 medium-size chicken breasts
- 1 tbsp sesame seeds
- ½ cup mung bean sprouts

SALAD:

- 2 tbsp sea salt
- 1 clove garlic, minced
- 4 tbsp apple cider vinegar, divided
- 1 small head of cabbage, cut thin
- 1 medium cucumber, seeds removed, cut into matchsticks
- 1 large carrot, sliced
- 1 medium radish, sliced
- 1 tbsp toasted sesame oil
- ½ lime, juiced
- 2 spring onions, trimmed and sliced
- ¼ cup mint leaves
- ¼ cup coriander leaves

DRESSING:

- 1 tbsp extra virgin olive oil
- 4 tbsp apple cider vinegar
- 1 tbsp sesame oil
- 1 tbsp ginger, minced
- 1 tbsp orange juice
- Sea salt, to taste

DIRECTIONS

- 1** Preheat oven to 200°C. Combine coconut oil, tamari and fish sauce. Place chicken in a pan and add marinade. Top with sesame seeds and place in oven. Cook around 10 minutes, depending on thickness of chicken breasts.
- 2** Combine salt, garlic and 2 tbsp vinegar in a bowl. Add to cabbage and mix well. Set aside.
- 3** In a separate bowl, combine cucumber, carrot, radish, remaining 2 tbsp vinegar, sesame oil and lime juice. Mix.
- 4** In a small bowl, combine all dressing ingredients and whisk together.
- 5** Remove chicken from oven and let cool. Slice to desired thickness.
- 6** Drain off excess liquid from cabbage; add to other vegies. Mix in spring onions, mint and coriander, setting a few pieces aside for garnish.
- 7** Divide salad between two plates. Top with chicken and sprouts; drizzle on dressing and top with garnish.

Baked falafel with roasted veges and kale

MAKES 2 servings

There are a number of components to this dish, but it comes together really easily. To help keep things moving, get out all your ingredients ahead of time.

COOKING TIP
Use an old-fashioned ice cream scoop to shape the falafels into perfectly round balls

INGREDIENTS

VEGETABLES

- 1 small eggplant, cubed
- 1 medium red capsicum, sliced
- 1 tbsp coconut oil
- Sea salt, to taste
- 3 tbsp apple cider vinegar, divided
- 4-5 leaves of kale, roughly chopped

FALAFEL

- 1 cup chickpeas, soaked overnight and drained, or one can chickpeas, drained and rinsed
- 3 cloves garlic, peeled
- ½ small onion, quartered
- 1 tsp ground coriander
- ½ tsp ground cumin
- 1 tsp paprika
- ½ cup parsley leaves
- 2 tbsp sesame seeds
- ½ tsp baking soda
- 1 ½ tbsp extra virgin olive oil
- Sea salt, to taste

TAHINI DRESSING

- ¼ cup tahini
- ¼ cup plain yoghurt
- ½ lemon, juiced
- 1 tsp paprika
- Sea salt, to taste

DIRECTIONS

- 1 Preheat oven to 200°C. Line a baking tray with baking paper or use a large roasting dish. In a large bowl, toss eggplant together with red capsicum, coconut oil, salt and 1 tbsp vinegar. Place on sheet and roast for 7 minutes.
- 2 Blend falafel ingredients together in a food processor until the mixture resembles a nut butter.
- 3 Remove eggplant and red capsicum from oven and toss to mix.
- 4 Scoop balls of falafel mix onto sheet with eggplant and capsicum without touching one another. Return to oven and cook for 10 minutes, or until golden brown.
- 5 Add remaining 2 tbsp vinegar to kale, toss and set aside.
- 6 Whisk dressing ingredients together in a small bowl.
- 7 Divide kale between two plates. Top with roasted vegetables. (The heat of the veges will wilt and slightly cook the kale.) Add a few falafel balls on top of veges and pour a bit of tahini dressing over the top.

PER SERVING

Calories: 465
Fat: 30g
Saturated fat: 15g
Carbs: 43g
Fibre: 11g
Protein: 14g





PER SERVING

Calories: **490**
Fat: **38g**
Saturated fat: **10g**
Carbs: **20g**
Fibre: **2g**
Protein: **21g**

Scallop crudo

MAKES 2 servings

Sweet scallops pair perfectly with roasted asparagus and crisp, fresh microgreens. If you can't find the bok choy and radish microgreens (essentially, a young vegetable somewhere between sprouts and baby greens), you can substitute rocket or other sprouts.

INGREDIENTS

- 1 bunch fresh asparagus
- 2 tbsp toasted sesame oil
- 1 tbsp coconut oil
- 2 tbsp tamari
- 700g fresh scallops
- $\frac{1}{4}$ cup bok choy microgreens
- $\frac{1}{4}$ cup radish microgreens
- Sea salt, to taste

SOY-LIME DRESSING

- 1 tbsp sesame oil
- 1 tsp extra virgin olive oil
- 1 tbsp mirin
- 2 tbsp brown rice vinegar
- 2 tbsp tamari
- 1 tbsp ginger, minced
- 1 tbsp spring onion, sliced
- 1 lime, zested and juiced

DIRECTIONS

- 1** Preheat oven to 230°C. Rinse and dry asparagus, cut off the woody ends, and cut each piece in half. Place asparagus in a roasting dish. Combine sesame oil, coconut oil and tamari and toss with asparagus. Set aside.
- 2** Add all dressing ingredients, except lime zest, into a bowl and whisk together.
- 3** Roast asparagus in oven; after 3–4 minutes, shake asparagus in pan, then return to oven for another 3 minutes or until slightly browned.
- 4** Remove any tiny muscles from scallops, rinse and pat dry. Add to bowl with dressing and toss lightly.
- 5** Remove asparagus from oven and divide between two plates. Divide scallops and place half on top of each plate, pouring a bit of remaining dressing onto asparagus. Add reserved lime zest on top of scallops. Gently mix microgreens together and add a pinch on top of each scallop. Add salt.

Fish tacos with tomato salsa

MAKES 2 servings

No matter where you live, there are many great types of locally caught fish you can use for these tacos. Feel free to use almost any that you can find from a fishmonger near you, whether that's bass, squid or barramundi. Indulge with a nice cold beer or margarita alongside this favourite dish.

INGREDIENTS

SLAW

- Sea salt, to taste
- 1 small red cabbage, core removed and shredded
- 2 tbsp extra virgin olive oil
- 4 tbsp apple cider vinegar

SALSA

- 2 cups cherry tomatoes, halved or quartered
- ½ red onion, diced
- 1 clove garlic, minced
- 2 limes, juiced
- 1 jalapeño, minced
- ¼ cup coriander leaves, roughly chopped
- Sea salt, to taste

FISH

- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp paprika
- 1 tsp dried oregano
- Sea salt, to taste
- 500g firm fish cut into thick strips
- 2 tbsp extra virgin olive oil
- Corn tortillas (optional)

DIRECTIONS

1 Preheat oven to 200°C. Add a couple of pinches of salt to cabbage and mix well, almost bruising cabbage in the process. Set aside.

2 Combine all ingredients for salsa in a bowl and mix well. Set aside.

3 In a separate bowl, combine cumin, coriander, paprika, oregano and salt. Toss fish with olive oil and add to spice mixture, coating well. Place fish in a pan and put in oven. Cook 7-10 minutes, depending on thickness of fish.

4 Drain any excess liquid from cabbage and add olive oil and apple cider vinegar. Mix well.

5 If using tortillas, place on a plate and top with a bit of cabbage slaw in the centre. Put fish on top of slaw and top with salsa.

COOKING TIP

Toast the tortillas or lightly grill to enhance the texture and flavour



PER SERVING (without tortillas)

Calories: 495
Fat: 32g
Saturated fat: 4g
Carbs: 29g
Fibre: 7g
Protein: 24g

Green spring pea coconut curry

MAKES 2 servings

You can really taste the flavours of spring with sweet garden peas and pea shoots. The warm coconut curry offers an ideal counterpoint. Most specialty supermarkets now carry different forms of curry.

INGREDIENTS

- 1 can coconut milk
- ½ cup chicken stock
- 2 tsp green curry paste
- 2 cups fresh spring peas or ½ bag frozen
- 1 tbsp sugar (brown, cane or coconut)
- 2 tbsp fish sauce
- 500g boneless, skinless chicken breast, cubed
- 2 tbsp lime juice
- ½ cup pea shoots
- ¼ cup coriander leaves
- 1 lime, cut into wedges

DIRECTIONS

- 1** Place coconut milk and chicken stock in a pot and cook over medium-high heat for about 3 minutes. Whisk in curry paste and add half of the peas, along with sugar and fish sauce; cook another 3 minutes.
- 2** Pour mixture into a blender (or use a handheld blender) and blend until smooth. Return to pot and heat again over medium high. (Don't boil.)
- 3** Add chicken and remaining peas; stir. Cook 5 minutes or until chicken is just cooked through. Add lime juice and stir.
- 4** Divide between two bowls. Top with pea shoots and coriander and garnish with lime. **5**

PER SERVING

Calories: **354**
Fat: **18g**
Saturated fat: **11g**
Carbs: **18g**
Fibre: **4g**
Protein: **34g**



WE'RE HERE TO HELP YOU
LIFT THAT WEIGHT OFF
Your shoulders

FREE **7 DAY*** TRIAL

Jump onto anytimefitness.com.au for details

feel something better™



always open



personal training



join one, join all



friendly staff

*Offer valid for first time members who are local residents or workers 18 years and older only (Photo ID may be required) and who also may be required to complete pre-exercise screening satisfactorily. Not valid with any other offers. Not valid with any other offer. Not redeemable for cash. Not transferrable. Only valid at participating Anytime Fitness Clubs. Limit 1 offer per person. Where the guest pass permits use outside staffed hours, a refundable deposit will be payable for an access card. Further provisions may apply, see participating Anytime Fitness Clubs for details. Offer expires 31/12/2015.

FLAT BELLY? (Yes, please!) YOUR 4-WEEK PLAN

*Two-piece. Crop top. Cutouts. Bring it!
You want to look amazing and feel
confident in **anything**. Get tight, trim
abs with this strategy backed by science.*



ELISABETTA ROSSI: CROPTOP, LULULEMON SHORTS

By JACLYN EMERICK
Photographs
by Rony Shram



STYLE NOTES

Polaroid sunglasses.
Calvin Klein bra top.
Nike shorts.
Nike sneakers.

When it comes to your middle, it's basically all about the stuff you can pinch (fat) and the stuff that can cinch (muscle). We've brought together the top research on how to burn the former and firm the latter in one radically simple plan. You'll get the flat belly you've been crunching for in four fast weeks. Minus the crunches.

But first, some basics. What you refer to as your abs are actually a complex group of four muscles: the rectus abdominis (the "washboard," which runs front and centre from bra line to pubic bone), the transverse abdominis (the deepest layer that wraps around the waist), the external obliques (they're close to the surface, along your sides), and the internal obliques (these lie below the external ones). Getting strong, sleek abs takes the right mix of exercises that work together to tone the entire area.



And no one knows better which formula works than Dr Michele Olson, a professor of exercise physiology at Auburn University at Montgomery, US.

You can trust her: over the past 25 years, Dr Olson has studied countless abs exercises in a lab using electromyography (EMG) technology to measure the amount of muscle activated by each. The resulting superworkout she crafted exclusively for *SHAPE* (pages 88-89) includes the all-stars – moves that scored off the charts for firming the most muscle fibres per rep. For instance, the Pilates double-leg stretch made the cut here because it activates 39 percent more of the deep ab muscle (transverse abdominis) than a traditional crunch and even beat out that perennial favourite, the Pilates hundred. Another move on our short list, the yoga boat pose, tones obliques better than anything out there – 54 percent more so than a

crunch. Olson then added standing side bends and rotational movements to create the most effective plan: these are key for toning the back muscles (such as the latissimus dorsi) that complete the full 360-degree squeeze on your centre.

The best part? Instead of cranking out dozens of crunches, we're about to make *under* your ab routine. For the first two weeks, you'll do a couple of sets of just four moves; together they hit all four ab muscle groups. "You'll reach your goal faster if your workout builds on intensity and total reps done over time," Dr Olson explains. These moves get a little harder and the reps get higher for week three, plus there's an exercise added in. Same for week four, except this time you'll add two more moves to your session. By that week, expect seven moves with the max challenge and reps. No sweat – you'll be ready.

**TO SHRINK
YOUR WAIST,
UPGRADE
FROM
CRUNCHES.
THIS MOVE
WORKS YOUR
OBLIQUES 35
PERCENT
MORE**



STYLE NOTES
TOP: LULU
LEGGINGS: LULU
SHOES: UNDER ARMOUR

ONCE YOU'VE ACED YOUR AB ROUTINE, CHANGE IT. TAKE IT UP A NOTCH WITH NEW TWISTS LIKE A SPIDER PLANK



TURN UP YOUR BURN

Regardless of how tight your ab muscles are, they can't erase belly fat that lies above (subcutaneous fat) or below them (visceral fat). Those you'll have to burn off – and we'll show you the fastest way to do just that.

According to Dr Olson's research, the best belly fat-melting

method is Tabata intervals: you do cardio (like running) all out for 20 seconds, recover for 10 seconds, then repeat that combo seven more times, for a total of four minutes. Maximum-effort cardio intervals like these raise your level of adrenaline, the fight-or-flight hormone that's the secret sauce to burning fat. "Higher adrenaline levels cause fat cells to release more fat more efficiently," Dr Olson notes. "Tabata releases more adrenaline throughout your body than typical cardio

because of the high-intensity effort required."

It gets better. Not only do you burn more fat and calories during Tabata, but your body also continues to burn more even after you finish; in a study for the American College of Sports Medicine, Dr Olson found that calorie burn half an hour post-Tabata is double what it would normally be at rest. Think of this afterburn as the cardio gift that keeps on giving.

To maximise the amount of belly fat you melt off in the next four weeks, do Dr Olson's Tabata-inspired cardio workout three

times a week: start with 10 minutes of moderately hard, steady-state cardio of your choice (power walk, run, bike, swim, use an elliptical trainer), then do a four-minute Tabata round. Complete that steady cardio-and-Tabata combo three times. That's 42 minutes total. "The steady-state segments ensure that you burn calories and melt subcutaneous fat," Olson says. "And the intense intervals do the same but also guarantee you'll work away at the deep, stubborn visceral fat underneath."

YOUR PLAN

Do the toning moves on the following pages in order for the indicated number of reps and sets three days a week on alternate days. Pay close attention to how the exercises and weight of the dumbbells required progress each week. Do the Tabata-inspired cardio workout (explained on the previous page) three days a week on alternate days. In week four, when the abs routine is most challenging, do it just twice a week – the same goes for your Tabata workout.

YOU'LL NEED

One 2-kilo, 4-kilo and 5-kilo dumbbell and a yoga mat

MORE AB-FLAB FIGHTERS

Look for Part 2 of our Flat-Belly project in the next issue. You'll find all the skinny on how to ID your pudge problem and the right way to eat, sleep and de-stress to shrink fat fast.

STYLE NOTES

Page 86:

Public Myth bra top, **Q&Q** watch, **Athletic Propulsion Labs** leggings, **Under Armour** sneakers.

This page:

Lands' End bra top, **Lululemon** leggings, **Nike** sneakers.

FLAT-BELLY:

Your 4-week plan

1) Single-leg stretch

Works transverse abdominis, rectus abdominis, internal obliques

Lie face-up on floor with arms by sides. Curl head and shoulders off floor, then raise extended arms and legs at a 45-degree angle to start. Keeping upper body lifted throughout, bring right knee towards chest and reach right hand outside of right ankle and left hand inside of right knee [shown]. Switch sides and repeat to complete 1 rep. Do 8 to 10 reps.



2) Forearm spider plank

Works transverse abdominis, internal obliques

Start on floor in forearm plank position, body balancing on forearms and toes, palms flat. Keep hips level and bend right knee out to side towards right triceps [shown]. Return to plank. Switch sides and repeat to complete 1 rep. Do 8 to 10 reps.

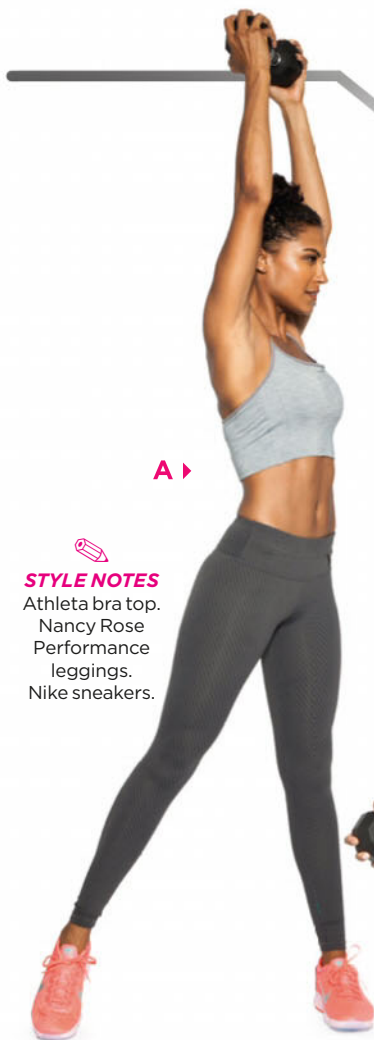
WEEKS
1&2
Complete this circuit 2 or 3 times

A ▶



STYLE NOTES

Athleta bra top.
Nancy Rose
Performance
leggings.
Nike sneakers.

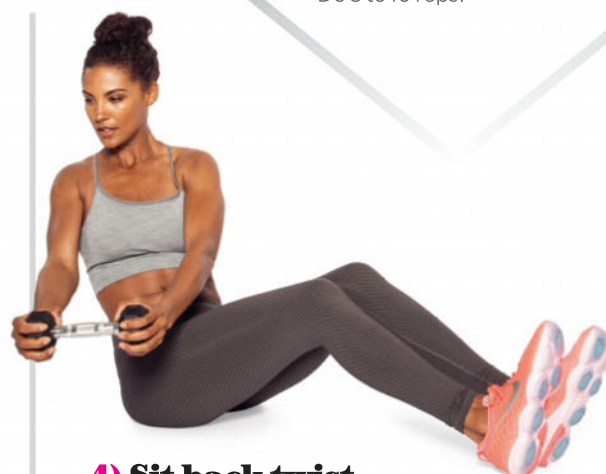


B ▶

3) Balance chop

Works external obliques, latissimus dorsi.

Stand with feet wide and hold a single 4-kilo dumbbell with both hands overhead, arms extended. Shift body weight to left leg as you pivot on right foot and rotate torso to left (reaching even higher with dumbbell) [A]. Then bring dumbbell down beside right hip as you raise bent right knee to hip level [B]. Reverse motion, returning to reaching upwards towards left, to complete 1 rep. Do 8 to 10 reps. Switch sides; repeat.



4) Sit-back twist

Works rectus abdominis, external obliques, internal obliques

Holding a single 3-kilo dumbbell with both hands, sit on floor with knees bent, heels on floor. Lean torso back 45 degrees and extend arms forward at 45-degrees to start. Rotate torso to right as you lower dumbbell with straight arms towards floor by right hip [shown]. Return to start position and repeat to left to complete 1 rep. Do 8 to 10 reps.

WEEK 3

Complete this circuit 2 or 3 times

2) Spider plank

Works transverse abdominis, external obliques, internal obliques, latissimus dorsi

Start on floor in plank position, body balancing on hands and toes. Keep hips level and bend left knee out to side toward left triceps [shown]. Return to plank, switch sides, and repeat to complete 1 rep. Do 2 sets of 10 to 12 reps.

3) Balance chop

Do 10 to 12 reps with a 5-kilo weight.

4) Sit-back twist

Do 10 to 12 reps with an 4-kilo weight.

1) Double-leg stretch

Works transverse abdominis, rectus abdominis, internal obliques

Lie face-up on floor with arms by sides. Curl head and shoulders off floor, then raise arms overhead (biceps by ears) and legs up at a 45-degree angle to start. Keeping upper body lifted throughout, bring knees towards chest and circle arms around, touching palms to outside of knees [shown]. Extend legs and raise arms overhead to start position to complete 1 rep. Do 2 sets of 10 to 12 reps.

5) Half boat

Works transverse abdominis, rectus abdominis, internal obliques

Sit on floor with knees bent, feet flat and palms together in front of chest (prayer position). Lean back 45 degrees, extend arms forward and lift legs with knees bent 90 degrees (balance on tailbone) [shown] to start. Slowly lower body until middle and lower back are on floor (head, shoulders and legs remain lifted). Slowly return to start position to complete 1 rep. Do 10 to 12 reps.

WEEK 4

Complete this circuit 2 or 3 times

6) Side plank with twist

Works external obliques, internal obliques, latissimus dorsi

Start on floor in side plank position, body balancing on left palm and sides of feet, right foot staggered in front of left; bend right elbow and place palm behind ear to start [shown]. Rotate torso to bring right elbow up to touch inside of left elbow. Reverse motion back to start position to complete 1 rep. Do 12 reps. Switch sides; repeat.

7) Quarter squat crunch

Works transverse abdominis, external obliques, internal obliques, latissimus dorsi

Stand with feet hip-width apart, elbows bent out to sides and fingertips behind ears. Squat slightly (bend knees about 45 degrees) to start [A], then shift weight to left leg as you stand, lifting bent right knee and rotating torso towards right so left elbow and right knee meet in front of chest [B]. Return to start position, switch sides, and repeat to complete 1 rep. Do 12 reps.

1) Double-leg stretch

Do 12 reps.

2) Spider plank

Do 12 reps.

3) Balance chop

Do 12 reps using a 5-kilo weight.

4) Sit-back twist

Do 12 reps using an 4-kilo weight.

5) Half boat

Do 12 reps.



THE FIT CHICK'S GUIDE TO

RUNNING STRONG

Pick up your pace this season and see big improvements in other parts of your performance

BY LINDSEY EMERY

● **IT'S NO SURPRISE THAT SO MANY** of us choose running when it's time to do cardio. Not only is it super-accessible and a massive calorie blaster, burning upwards of 800 calories an hour, but logging kays also helps build core and lower-body strength, increases endurance, and puts you in a better mood. (They don't call it "runner's high" for nothing!) One recent study found that jogging just five minutes a day can even significantly help reduce your risk of death from cardiovascular disease.

But the pavement isn't the only place where you'll see benefits. "Running regularly makes you stronger in the gym, too," says running coach Andrew Kastor. "It teaches your body to repair damaged

muscle tissue better, which allows you to decrease recovery time between reps. Plus, you'll burn fat and clear lactic acid out of your system more efficiently, making it easier to go harder in all your workouts."

But there's a catch: to get the most out of your efforts (and prevent injury), you can't keep running the same routes at the same pace every week, notes Kastor. Otherwise, your body will get bored and you will stop progressing. "Mixing up your workouts – incorporating some speed sessions, hill training and endurance runs – will engage more muscles, boost your burn and improve overall performance." Here are some of our favourite ways to keep you running strong and long.



5

Run to paradise

Running events around the country

1

Brisbane

Brisbane Marathon Festival
Escape the cold winter weather and challenge yourself while you're at it! Run a marathon, half marathon, fun run or walk, and raise money for cancer charity Red Kite. August 2, brisbanemarathon.com

2

Melbourne

Medibank Melbourne Marathon Festival
Run for events from three, five or 10 kilometres right up to a half marathon or marathon, all finishing with a lap of the hallowed turf of the Melbourne Cricket Ground. October 18, melbournemarathon.com.au

3

Sydney

Blackmores Sydney Running Festival
Take in the sights of glorious Sydney Harbour and the iconic Harbour Bridge with events ranging from a family fun run right up to a marathon. September 20, sydneyrunningfestival.com.au

4

Tasmania

Flinders Island Running Festival
Celebrate Father's Day in gorgeous wilderness surrounds with a selection of event distances, including a Pub2Pub Ultra 52km course. September 4-6, flindersislandrunning.org

5

Port Douglas

Tropical Journeys Great Barrier Reef Marathon Festival
Dubbed the "World's Best" by marathon legend Steve Moneghetti, you can run for the reef and then kick back for a holiday in tropical paradise. November 1, greatbarrierreefmarathon.com.au

Gain mental toughness

It's easy to talk your way out of a longer run. So we asked pro middle-distance runner Sara Hall, who made her marathon debut at the LA Marathon this year, how she stays positive and mentally strong through all those kilometres.

■ RELAX AND ROLL

"I repeat this mantra over and over to myself during tough long runs and races," she says. "When I start to get tired or anxious, it just cues me to keep my legs rolling along and to relax into it."

■ ZONE OUT

"Sometimes you have to turn your brain off for a little bit, forget about how far you have left to go and simply focus on running the kilometre that you're in," Hall says.

■ SPLIT THE DISTANCE

"I often have separate workouts within my long runs to help break them up - maybe the first kay will be kind of moderate, then I'll do more of a tempo run and finish with a cooldown," she says.

■ DON'T STARE AT YOUR WATCH!

"People (myself included) get caught up with technology rather than feeling out appropriate effort," Hall says. "Use it as a tool, but don't be a slave to it, where you have to hit certain times or it's a failure."



ARIC BECKER, JORGE SILVA, SHUTTERSTOCK

Ramp up your run

Want to be a better runner – or just get more out of your workouts? Try to include at least one of these high-intensity training plans from coach Kastor, designed to build strength, speed and stamina into your regular fitness routine each week.

TRACK SPEEDWORK

In order to become a more efficient runner, you need to push your pace every now and then, notes Kastor. “This short track session will help increase your lactate threshold, or your body’s ability to go harder (and faster) for longer.” Ideally, you’ll use your pace from the first lap (400 metres) to determine your speeds for the following intervals. (Or use the rate of perceived exertion, RPE – how difficult it feels on a scale of 1 to 10.)

NOTE One lap around a standard track is 400 metres; one kilometre is 2.5 laps.

- Warm up with an easy jog for 10 to 15 minutes on the track (5 RPE).
- Run 400m at a hard effort (8 RPE). Walk for one minute to recover.
- Run 300m (¾ lap) at a hard effort (8 RPE), aiming to run 5% faster than you did during your first lap. (For example: If you ran 400m in 120 seconds, this interval should take 86 seconds.) Walk for one minute to recover.
- Run 200m (½ lap) at a very hard effort (9 RPE), aiming to run 10% faster than you did during your first lap. (For example, if you ran 400m in 120 seconds, this interval should take 54 seconds.) Walk for one minute to recover.
- Run 100m (¼ lap) at a very hard effort (9 RPE), aiming to run 15% faster than you did during your first lap. (For example, if you ran 400m in 120 seconds, this interval should take 26 seconds.) Walk for one minute to recover.
- Repeat workout, but this time building up (100m, 200m, 300m, 400m) with a one-minute recovery-walk interval between each.
- Cool down with an easy walk/jog for 10 to 15 minutes.

GOAL Shave one to two seconds off each interval every week.

TREADMILL CLIMB

Get more out of the treadmill by incorporating both inclines and speed into your routine. “Bumping up the incline will activate your glutes and hamstrings, strengthen your hip flexors, improve your running form and increase your speed,” Kastor says.

Clock time (min)	Speed	Incline	Workout
0-5	3.0-3.5	1	Warm up with a well-paced walk.
5-10	4.5-6.0	1	Run easy.
10-20	4.5-6.0	2-7	Increase incline by 1% every 2 minutes while maintaining pace.
20-30	6.0-8.0	1	Reduce incline to 1% and pick up your pace to a hard effort (about an 8 or 9 on a scale of 1 to 10) for 1 minute, then recover with a walk or jog for 1 minute. Repeat for a total of 5 intervals.
30-35 (or 40)	3.5-4.5	1	Cool down with a short walk or light jog.

GOAL Increase your total number of intervals by two each week.

ROAD ENDURANCE

“Distance runs, like this one, improve your cardio capacity and teach your body to burn fat more efficiently. Plus, the built-in strides will boost your speed and efficiency,” Kastor says. This workout is 60 minutes; however, you should start with a distance that is only 10% longer than you normally run. If possible, tackle a somewhat hilly terrain, too.

- Warm up for 25 minutes, running at a very comfortable pace (4 to 5 RPE).
- Find a flat stretch and perform four 10- to 12-second strides (gently pick up the pace until you reach your near maximum effort, landing with feet under hips), with a 30- to 60-second recovery (walk or jog) interval between each.
- Run at a hard effort (7 to 8 RPE) for 15 minutes.
- Cool down for 10 minutes, running at an easy effort (4 to 5 RPE).

GOAL Increase the number of strides you perform each week until you’re up to eight total. You should also up your total distance by 10% each week for three weeks. On your fourth week (recovery), drop it back down to 10 minutes less than when you started. For Week 5, begin at the distance you did in Week 2, and then build again from there.

4

Must-do moves for runners

"Runners tend to have strong quads; weaker glutes; tight calves, hips and IT bands; and weak feet," says biomechanist Katy Bowman, author of *Whole Body Barefoot*. Use these moves to curb your risk of injury and become a more balanced, stronger and more flexible athlete.



1. Butt builder

Stand facing about 90 centimetres away from a wall, legs straight. Hinge forward from hips, placing palms flat on wall at shoulder level. Keeping hips facing forward and back flat, lift left leg behind you to hip height. Hold for up to one minute. Switch legs and repeat. Do three to five reps each side.



2. Pelvic lift

Stand barefoot with legs hip-width apart, right foot on top of yoga block (or phone book), left foot lifted off floor, hands on hips. Without bending knees, pull right side of pelvis down, lifting left hip away from floor. Hold, then lower and lift left foot. Do 10 reps; switch sides and repeat.



3. Toe spread

Sit barefoot on a chair, left foot crossed over right knee, left knee bent out to side. Use your right hand to gently pull toes apart from each other; thread fingers through toes and hold. Massage foot for up to one minute; switch sides.



4. Double calf stretch

Stand facing a chair, with balls of feet on top of rolled-up towel or yoga mat, heels on floor. Hinge forward from hips and place palms on seat with hands under shoulders. Relax spine toward floor, which will lift tailbone. Hold up to one minute. Do three to five reps.

Stride right

There's no perfect way to run, but there are tweaks you can make to your form, especially on different types of terrain, says endurance athlete coach Jonathan Cane. Use these tips to make your run faster, smoother, stronger and more efficient.

IF YOU'RE RUNNING ON

A flat road or path

- Keep your elbows bent at about 90 degrees.
- Focus your gaze a couple of metres ahead of you with your head neutral and/or chin slightly tucked.
- Relax your shoulders, hands and jaw, relieving tension in those areas.
- Land gently with feet underneath hips (below your centre of gravity).
- Watch your stride rate. Count the number of foot strikes that you take in one minute: 180 is a good goal.

IF YOU'RE RUNNING ON

Hills

When going uphill...

- Lift your knees a little higher than normal.
- Look up – to where you're going – not down.
- Imagine pulling yourself up a rope: stand tall, with good posture, and use your arms to drive your stride.

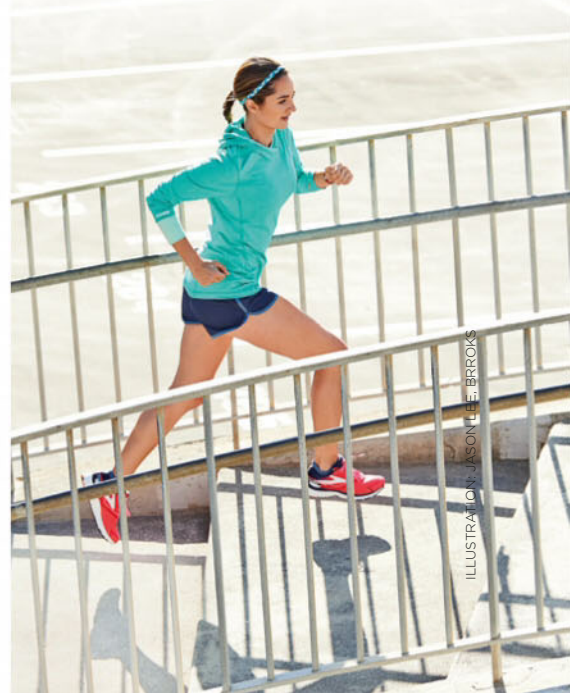
When going downhill...

- Lean into the hill.
- Let gravity work for you; don't put on the brakes.
- Allow your foot strike to naturally shift to heel-toe while you cruise downhill.

IF YOU'RE RUNNING ON

The treadmill

- Relax your hands: picture holding a potato chip between your thumb and forefinger in each hand – you want to stay loose enough to not crush it.
- Take advantage of the gym mirrors and check what your form looks like while you run.
- Use the front of the treadmill to gauge whether you're overstriding. If you're kicking it, you're landing too far in front of your centre of gravity and should readjust.



Get the gear

Get the support you need while looking and feeling awesome with these five running must-haves



Wireless music freedom

Blue Ant Pump Mini
blueantwireless.com

■ Lets you run untethered from your Bluetooth device. Sweatproof, with ConfortSeal tips, a built-in wideband microphone for calls and one-touch call, track and volume controls.



Happy feet

Brooks Glycerin 13
brooksrunning.com.au

■ Brooks have pushed the limits of their 3D Fit Print technology to create this ultimate supportive and comfortable running shoe.



Track your run

Garmin Vivoactive
garmin.com/en-AU

■ This smart watch has built-in sports apps, including GPS-enabled running and activity tracking. Also lets you view your stats even when you're away from your phone.



Drink smarter

AQUAhydrate
aquahydrate.com

■ Experience super-charged hydration with AQUAhydrate thanks to a healthy balance of alkalinity, electrolytes and trace minerals which work to support overall health and wellbeing as well as promoting the body's natural balance.

Keep going

Endura Sports Energy Gels
endura.com.au

■ Endura Sports Energy Gels are a convenient energy source with energy boosters like caffeine, and a blend of immediate impact and slow release carbohydrates to sustain energy levels. Ideal for long, hard runs.



FULL BODY SHAPE-UP SERIES

Phase 1 Melt the fat fast!

Winter is often when we let things slide a little, waiting until the warmer weather arrives before we start shaping up for summer. We say why wait? Kick-start your shape-up now and you'll be raring to go - and way ahead of the pack once beach weather finally arrives.

By Jaclyn Emerick

*Photographs by
Chris Fanning*



BIKINI. THERE, WE SAID IT.

Even the word may freak you out right now, but it won't in four weeks. That's because your trainer for the first installment of our three-month Summer Shape-Up is Tony Horton, the pro behind that body-makeover blockbuster, P90X. Whether it's winter weight or whatever weight, Horton will help you shed it with his proven burn-and-firm approach of using fast-paced, full-body toners.

"The more muscles you target at once, the higher your calorie burn will be during and after exercise," he says. So if each move feels a little like its own mini workout, that's because it should, thanks to all the hustle.

But as advanced as this routine seems, it's beginner-friendly too. "If you have trouble with any move, slow down, decrease your range of motion and take quick breaks when you need to," Horton says. And just when you're wondering if all your sweat equity is paying off, you'll hit the tipping point to getting into that bikini. "Towards the end of the plan, the weight really comes off," Horton says.

Of course you're doing this to look good almost naked, but the confidence that comes along with getting fit is just as hot. "The combo of being physically and mentally strong lets you live a much more dynamic, enjoyable life," Horton says. OK, who's in?

YOUR PLAN

Do the moves in order, no rests in between. When you've done all eight, take a one-minute breather, then repeat the circuit twice. Complete this routine three or four times a week on alternate days – and fill out your week with one yoga workout and one cardio interval session, Horton suggests.

YOU'LL NEED

A mat is optional.



1

SUMO JUMP TWIST

Works obliques, butt, quads, hamstrings, inner thighs

Stand with feet wide, toes turned out, arms by sides. Squat, lowering arms towards the floor to start **[A]**. Jump as high as you can. When you land, shift body weight to right leg, then lift bent left leg out to the side, twisting torso towards left with elbows bent and hands together at chest **[B]**. Quickly return to start position. Switch sides and repeat to complete 1 rep. Do 10 reps, alternating sides.



2

SQUAT LUNGE TWIST

Works back, chest, obliques, butt, quads, hamstrings, calves

Stand with feet hip-width apart, arms by sides. Squat, raising extended arms forward at shoulder level to start **[A]**. Lunge backwards with right leg, bending both knees 90 degrees, as you rotate torso left and reach right arm to floor, left arm up **[B]**. Step right leg forward to start position. Switch sides and repeat to complete 1 rep. Do 10 reps, alternating sides.



3

LOW CHAIR SURRENDER

Works abs, butt, quads, hamstrings

Stand with feet hip-width apart, arms by sides. Squat, bringing hands together in front of chest to start **[A]**. Touch right knee to floor **[B]**, then left knee (so you come to kneeling) **[C]**. Bring bent right leg back to squat, then bent left leg to complete 1 rep. Stay in squat and repeat, this time starting with left knee. Do 10 reps, alternating sides.

“Engage your abs during every one of these moves. More muscles at work means better results”

4

DIAGONAL LUNGE KICK

Works abs, butt, quads, hamstrings, calves



Stand with feet together, arms by sides. Lunge right leg diagonally forward towards right, bending both knees 90 degrees; raise left arm forward and right arm backwards to start **[A]**. Pushing off right foot, forcefully kick right leg forward, bringing hands in fists together at chest **[B]**. Land in starting lunge position to complete 1 rep. Do 10 reps, then switch sides and repeat.

A

B

5

SIDE LUNGE SINGLE-LEG SQUAT

Works butt, quads, hamstrings, outer and inner thighs



B

Stand with feet together, arms by sides. Lunge right leg out to side, knee bent 90 degrees and toes pointing forward (left leg stays straight); bring fists together in front of chest to start **[A]**. Press off floor with right foot to stand on left leg, then lower into a single-leg squat (with right foot hovering next to left), reaching right arm towards floor by left foot, left arm up **[B]**. Return to start position to complete 1 rep. Do 10 reps, then switch sides and repeat.



6

PLYO PUSH-UP BIRD DOG

Works shoulders, back, chest, abs, butt, quads

Start on floor in plank position, body balancing on hands and toes. Lower body towards floor, then explosively push up so hands come off floor **[A]**; land softly, with elbows soft, then return to plank. Quickly raise right arm forward and left leg behind you **[B]**; hold for 5 seconds. Lower, then switch sides, raising left arm and right leg for 5 seconds, to complete 1 rep. Do 10 reps.

TRAINER'S TIP

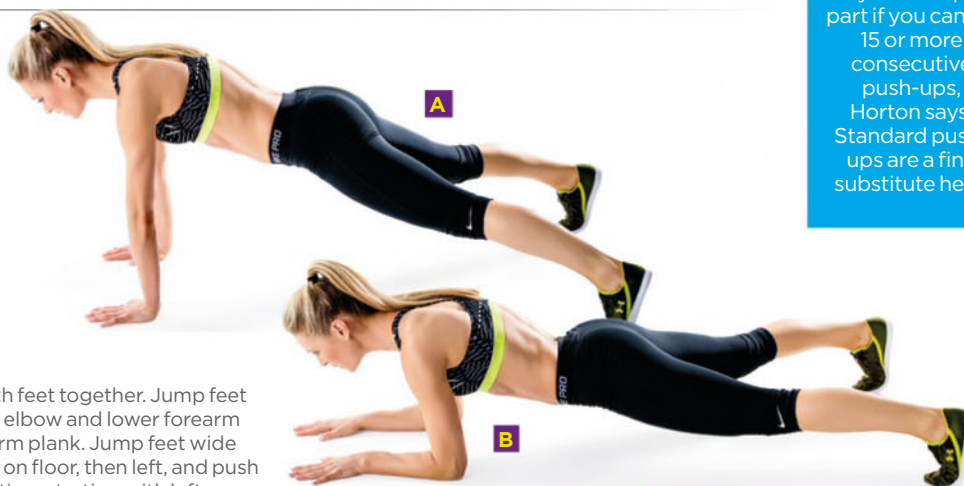
"For this plyo push-up, land like a rubber band, with shoulders strong but flexible and a little bend in your elbows," Horton suggests. Resist any urge to modify the plyo push-up by starting on your knees. In fact, only add the plyo part if you can do 15 or more consecutive push-ups, Horton says. Standard push-ups are a fine substitute here.

7

DUO PLANK JACK

Works shoulders, chest, abs, butt, quads, outer and inner thighs, calves

Start on floor in plank position with feet together. Jump feet wide **[A]**, then back in. Bend right elbow and lower forearm to floor, then left, coming to forearm plank. Jump feet wide **[B]**, then back in. Plant right palm on floor, then left, and push up to complete 1 rep. Repeat, this time starting with left elbow. Do 10 reps, alternating sides.

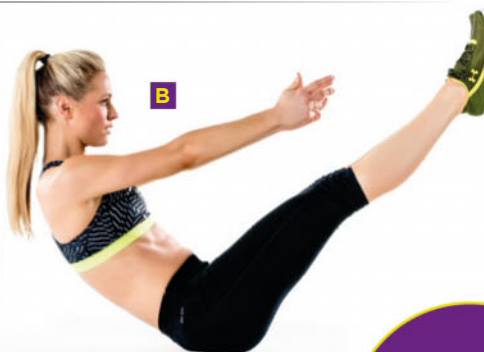


8

PLANK ROLL V-SIT

Works shoulders, chest, abs, obliques, butt, quads

Start on floor in plank position **[A]**. Lower body fully to floor. Roll over left shoulder onto your back and curl into a tight ball, then sit up, and extend arms and legs forward at 45 degrees so body forms a V position **[B]**. Reverse motion back to start position to complete 1 rep. Repeat, this time rolling over right shoulder. Do 10 reps, alternating sides. **S**



* Make sure you grab the October/November 2015 issue of *SHAPE* for Phase 2 of our Shape-Up Series!

A woman with reddish-brown hair in a ponytail is in a starting crouch for a race. She is wearing a grey sports bra, red and white patterned shorts, and grey Nike sneakers with yellow accents. She has a white smartwatch on her left wrist. Her hands are on the ground, and she is looking forward with a determined expression.

Feel the POWER

Just when you hit that moment in your workout when you want to ease up or quit, these strategies will give you the juice you need to go stronger and longer

BY CAITLIN CARLSON

PHOTOGRAPHS BY CHRIS FANNING; HAIR BY TATASHA LIEBEL/ABTP.COM; MAKEUP BY ELAINE MADELON/EXCLUSIVE ARTISTS MGMT FOR CHANEL ROUGE COCO; POLAR WATCH; Q9 BY CHAMPION; BRA TOP; SPIBELT BELT; LULULEMON SHORTS; NIKE SNEAKERS

There are those workouts you cruise through. This is about conquering the other ones. The slogs that confront you with a choice: get in the game . . . or get out. And as we know, choosing to power through requires mental strength. Luckily, you can build that strength.

WHY WE BAIL BEFORE WE HAVE TO

Exercise isn't instantly gratifying, explains Dr Peter Kadushin, an assistant professor of exercise and sport science at Western State Colorado University, US.

"Meaning you fixate on how tired you feel in the moment, not on long-term benefits."

Also, your mind is programmed to hit the brakes before your body needs to. "The brain sends signals that your heart rate may be too high or you're producing too much lactic acid prior to your body reaching its limits," says Dr Lennie Waite, a sport psychology consultant.

Another way your brain can sabotage you: "Quitting once is a self-reinforcing behaviour," Dr Kadushin says. "And it may lead you to the [wrong] idea that you're incapable of working harder."

Mental hurdles, for sure, but there are a few simple ways to get over them. Stay strong mentally to go the distance physically with these expert tips.



→ Know why you're there

"Most exercisers have an idea of why they work out but don't connect with it often enough," Dr Kadushin says. Write down a reminder on the side of your shoes or make the background screen of your phone a fit-spiration message. "Seeing your goal will help strengthen your resolve in the heat of the moment, when you feel like giving up," Dr Kadushin says. And you may have numerous whys – losing weight, the sense of accomplishment you have after finishing or the positive mood you experience for several hours afterwards – so alternate your focus.

→ Have a plan

If you're prepared for hitting that wall, it's a lot easier to work through it, Dr Waite says. But you'll have to experiment. "For some people, hyper-focusing on their breathing pattern, foot strike or certain muscle sensations helps them push hard." Others, however, do better with distraction and succeed by turning up their music or fast-forwarding to a song with a stronger, faster beat.

PUMP YOU UP

Phrases like "dig deep", "keep going" and "be strong" will make a tough session feel easier, research from the University of Kent in the UK found.

→ Count backwards

Keep tabs on the distance to go in your run or the reps you have left rather than how many you've cranked out. This can help make your workout feel shorter, a study in the *Journal of Consumer Psychology* revealed. That's because we associate countdowns with some exciting payoff; the distraction helps take your mind off the time remaining.

→ Check out the women near you

Think about how you stack up against others and you'll go harder, faster or further, a study in *Psychology of Sport and Exercise* found. Subjects were able to hold a plank longer only when they were told their peers had done so. When you get tired, look around the gym at others who are going hard core, study author Dr Carly Priebe says. "Think, if they can do it, I can too." ■

shape loves...

What we're into this month that can help you SHAPE your life



1



2

1. STYLE TRACKER

Garmin Vivofit2

● Watch your progress with the Garmin Vivofit2. For an extra stylish touch, dress up your Vivofit with glamour bands.

garmin.com/en-AU

2. IN A SPIN

Vitamix

● A Vitamix juice is better for you than a regular juice because it still contains all the fibre from the ingredients you use.

vitamix.com.au

3. BEAN THERE, DONE THAT

Superlegumes by Chrissy Freer

● Fresh, healthy, easy vegetarian, meat- and fish-based recipes, for every meal and every season.

murdochbooks.com.au

4. RUNNING ON AIR

New Balance Fresh Foam Zante

● Smooth by design, the Zante is for runners seeking a generous platform with a soft and consistent cushioning.

newbalance.com.au

5. I'M YOUR VENUS

Alpha Venus

● Formulated to improve oestrogen to androgen ratio for manipulating body shape and metabolism.

atpscience.com

6. BERRY GOOD FOR YOU

Power Superfoods Goji Blend

● Goji berries are loaded with all 18 amino acids, carotenoids, 21 minerals and Vitamins A and C.

powersuperfoods.com.au

7. SEEING GREEN

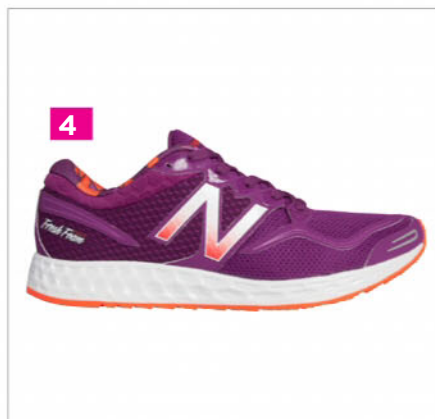
Cell Infuse Super Greens

● Contains significant amounts of high quality organic ingredients to assist and enhance health.

lifecellaustralia.com.au



3



4



5



6



7

Strong and sexy: *faster*



Cut your workout in half. You'll melt more fat, sculpt strong, sexy muscles and reshape your body. One rule: you have to go all-out. Here's how...

By Lesley Rotchford

You've likely noticed that short, high-intensity workouts like CrossFit, sprints and metabolic conditioning classes have become the "it" thing in fitness. There's good reason for that: working out at maximum capacity ignites your fat-burning ability more and for longer than moderate exercise does, a study by Canadian researchers found. Fitness experts are responding to this science by designing workouts based on it. Gym owners say max-effort programs are becoming so popular that they're constantly adding more classes, and CrossFit now boasts more than 10,000 gyms worldwide. But it's not just that: "Any form of exercise – like cycling, boxing or rowing, for example – in which you perform at a maximum effort with very short periods of rest can be just as effective," says **Dr Steven Devor**, an exercise physiologist.

But how intense is "high-intensity?"

We're not going to lie – you need to go hard. Hard, like heart-pounding, totally-speechless hard. But it's worth every drop of sweat because when you push your limits, you stimulate your natural fat-burners. First, human growth hormone (which is often referred to as the "fountain of youth hormone" because you make a lot of it as a kid but produce less and less as you age, become less active and log less sleep) binds to fat cells to break down stored fat into glycerin and fatty acids that can be used for energy. Translation: it turns fat into fuel. "A small amount of growth hormone is produced after just one set of a resistance move at max effort (say eight weighted squats); it will start to peak around three sets or at about 10 minutes and then that level will be maintained until you stop working out," explains **Dr Nicholas Ratamess**, professor of health and exercise science at the College of New Jersey, US. You'll be at a heightened fat-burning state during this entire time. Meanwhile, another category of hormones called catecholamines help release fat, creating a double-whammy effect of fat melt. In addition to eliciting a strong hormonal response, all-out exercising also results in a big oxygen deficit. This leads to excess post-exercise oxygen consumption (aka EPOC). After your workout, you take in extra O₂ to help your body recover, which requires energy. Thus, you burn even more calories.

HOW TO GET YOUR GRIT ON

Tap into your true potential with these expert tips.

IT SHOULD HURT SO GOOD

So you know you need to kick your own arse, but how can you tell you're there? "You'll feel as if you're gasping for breath," explains gym instructor **Amber Edwards**. "If you can chat with your neighbour, you need to push harder." Other indications you're doing it right: you're sweating and even shaky (not to be confused with feeling dizzy, which is a sure sign to stop), and feel a burning sensation in your muscles. That's good pain, she says. On the other hand: "Bad pain is anything that is sharp, localised, or shooting, like a pinch in your shoulder when you raise your arm or a kink in your neck that prevents you from turning your head from side to side," says chiropractor **Scott Duke**. If you experience those at any point in your workout, stop.

GET ROPED IN

Hit the Ropes, a CrossFit-inspired program (with moves like this one), helped women in a study slash their body fat by 13 percent



Cardio vs. weights: strength training burns more fat and calories and builds more lean muscle

The long and short of it

Consider this scenario: one woman is slogging through 30 minutes on the elliptical machine at a moderate intensity. Across the gym, another woman is doing a 12-minute kettlebell routine as hard and fast as she can go with little to no rest. Both workouts will trigger a hormonal response and cause an oxygen deficit, but the kettlebell exerciser will produce a much more powerful response and create a bigger deficit, plus build muscle (which also burns fat). "So even though the elliptical exerciser probably burned more calories during the workout itself, the all-out strength trainer will likely torch more fat and calories overall - by exercising for less than half as long," says Dr Ratamess.

Maxing out strengthens your mind too

"Pushing past limits to conquer a gruelling workout allows you to unlock what you're really capable of," says sports psychologist **Dr Gloria Petruzzelli**. "It helps you discover that you have the inner resources to make it through anything." And when done in a group setting, the benefits can be even greater. There's an undercurrent of camaraderie in max-effort classes that establishes strong social connections, sort of like how friends bond quicker when facing a similar life struggle. "During a physically challenging task, you count on others for support and they count on you," adds Dr Petruzzelli. Plus, having an audience introduces some friendly competition. If the girl next to you is speeding through burpees, it's likely you're going to want to move a little faster.



RELY ON MENTAL MUSCLE

Talk to yourself (repeat positive phrases like, "If it does not challenge you, it does not change you") and visualise success (that could be you standing with a bar loaded with weight over your head or simply sitting at a café post-workout feeling fit, slim and crazy-proud of yourself). Tracking your reps, time, distance and the amount of weight you've lifted for each move can be equally motivating. These measurements serve as a benchmark and help give you goals to beat next time.

EASE INTO IT

"Proper form is essential during these high-exertion workouts to avoid injury," says Duke. So don't be afraid to ask a trainer or instructor for help. Duke suggests limiting maximum-effort training to four days a week, balancing out your routine with something less hard-core (swimming, jogging, yoga) on "off" days, and adding weight or speed gradually, by increments of 10 percent.

TLC MATTERS NOW MORE THAN EVER

To further prevent injury and help speed recovery, prep your muscles by using a Rumble Roller (a roller with teeth that grabs your fascia, the connective tissue that holds your muscles together) or a Beastie Ball (same idea but in ball form), which are available at most sporting goods stores. "They are used like foam rollers but they get much deeper," says Duke. Then do a dynamic warm-up (think fake rope-jumping and inchworms) to get your body primed for action. After you exercise, stretch out your neck, back, chest, hips, butt, quads and hamstrings. Duke also suggests treating yourself to a massage from time to time. After a few all-out workouts, you probably deserve it. **S**

DO-ANYWHERE WORKOUT



Meet your new body coaches!

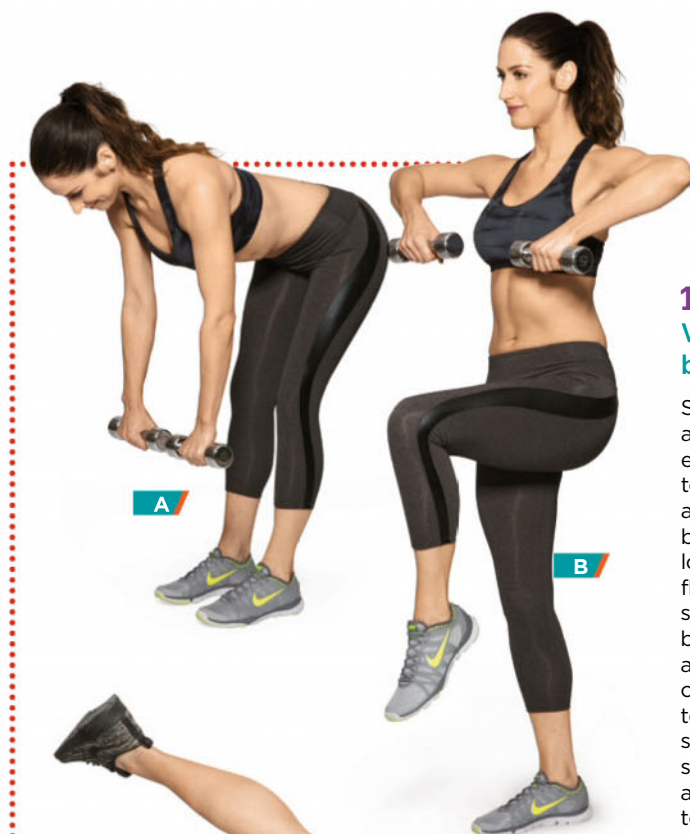
Clearly, the Tone It Up girls, Karena Dawn and Katrina Scott, get results – they've got 185,000 Twitter followers, 393,000 Facebook fans, 460,000 YouTube subscribers and 738,000 Instagram followers, and this many die-hard fitness fans can't be wrong. That's why we tapped the power duo to bring you an exclusive workout you can do anywhere that ensures you'll look and feel amazing.

BY JACLYN EMERICK

Hair by Davin/Celestine agency for Oribe; makeup by Jenna Anton; styling by Milka Price/Celestine agency

Although right now winter feels like it's here forever, summer will be here before you know it, and you'll want to be ready. Consider the TIU girls your trainers for a slim, firm body that you're going to be really proud of when you slip into a two-piece. They created this routine especially for *SHAPE* readers, so you can get a unique taste of their creative exercises. "These eight moves work the muscles you care most about when you're not wearing much: your abs, butt and thighs," Scott says. Plus, the compound movements (meaning that rather than isolate specific muscles, they work many big ones at once) fire up your metabolism and help you burn more calories throughout the day. "The workout also improves your posture, so you can walk in a confident way that shows off your results," says Dawn. Just don't let the girls' smiles fool you: these exercises are challenging – they require sweat, stamina and patience. The first few times you do the moves, go slowly. As you get fitter and more comfortable with them, move a little faster.

On Dawn: Nux bra top; So Low leggings; Nike sneakers.
On Scott: Olympia Activewear bra top; Lululemon shorts; Nike sneakers.



1) HIGH PULL

WORKS shoulders, back, butt, hamstrings

Stand with feet hip-width apart and hold a weight in each hand, resting on thighs to start. Bend knees slightly and shift butt back as you bend forward from hips, lowering weights towards floor [A]. Reverse move, shifting weight to right leg, bending elbows out to sides and drawing weights to chest and raising left knee to hip height [B]. Return to starting position. Switch sides; repeat. Continue alternating sides for 30 to 45 seconds.

YOUR PLAN

Do the moves in order for 30 to 45 seconds each, resting only as long as it takes you to transition to the next move. When you've completed all 8 moves, rest for 1 minute. Do 3 or 4 sets. You'll want to do this 3 times a week on alternate days to get that summer-ready body.

YOU'LL NEED

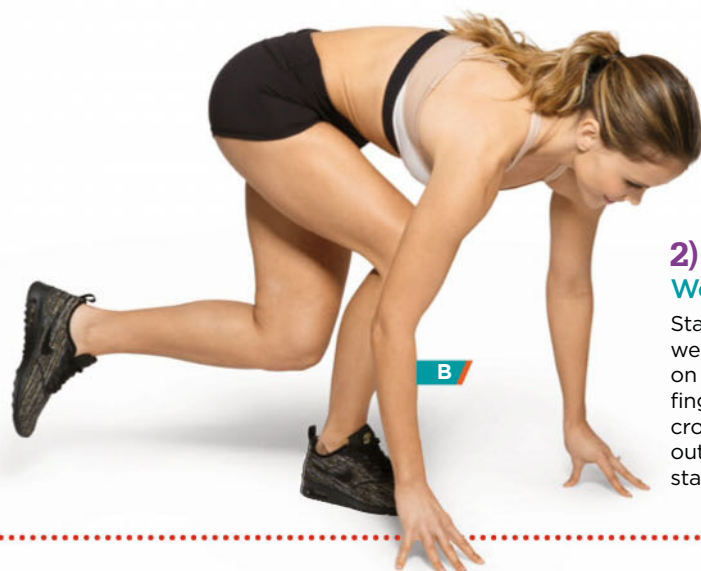
A set of 2.5 to 5kg dumbbells.



2) REACH AND TWIST

Works abs, obliques, butt, quads, hamstrings

Stand with feet hip-width apart and arms at sides. Shift weight onto right leg and bend forward, placing fingertips on floor and extending left leg back and up [A]. Keep fingertips planted and bend right knee to lower into a crouch, bending and drawing left knee across and to the outside of your right calf [B]. Reverse move. Without standing, repeat for 30 to 45 seconds. Switch sides; repeat.



3) ONE-LEG SWING

Works shoulders, abs, butt, quads, hamstrings

Stand with feet hip-width apart and hold a weight in each hand, resting on thighs to start. Shift weight onto left leg (knee soft), and bend forward from hips, lowering weights towards floor and extending right leg back until body forms a straight line from shoulders to heel **[A]**. Stand, fluidly raising arms up to shoulder height as you draw right leg (without touching floor) forward to hip height **[B]**. Without letting right leg touch the floor, repeat for 30 to 45 seconds. Switch sides; repeat.



“Beginners can start by squatting onto a bench and then standing back up”

– Scott



4) PISTOL SQUAT

Works shoulders, butt, quads

Stand on left leg and hold one weight with both hands, arms down to start. Raise arms to shoulder height and slowly lower into a one-leg squat as you extend right leg forward and in line with your left thigh **[shown]**. Return to starting position. Repeat for 30 to 45 seconds. Switch sides; repeat.



5) CRUNCH OVER

Works shoulders, abs, inner thighs

Lie face-up with legs extended and hold one weight with both hands, arms overhead. Raise legs to a 45-degree angle (keep lower back pressed into the floor) and lift head, neck and arms a few centimetres (biceps will be in line with ears) **[A]** to start. Keep arms straight and draw weight up and over, rolling shoulders off floor until arms extend forward at a 45-degree angle, bending and pulling knees over hips with soles of feet touching **[B]**. Reverse to starting position. Repeat for 30 to 45 seconds.



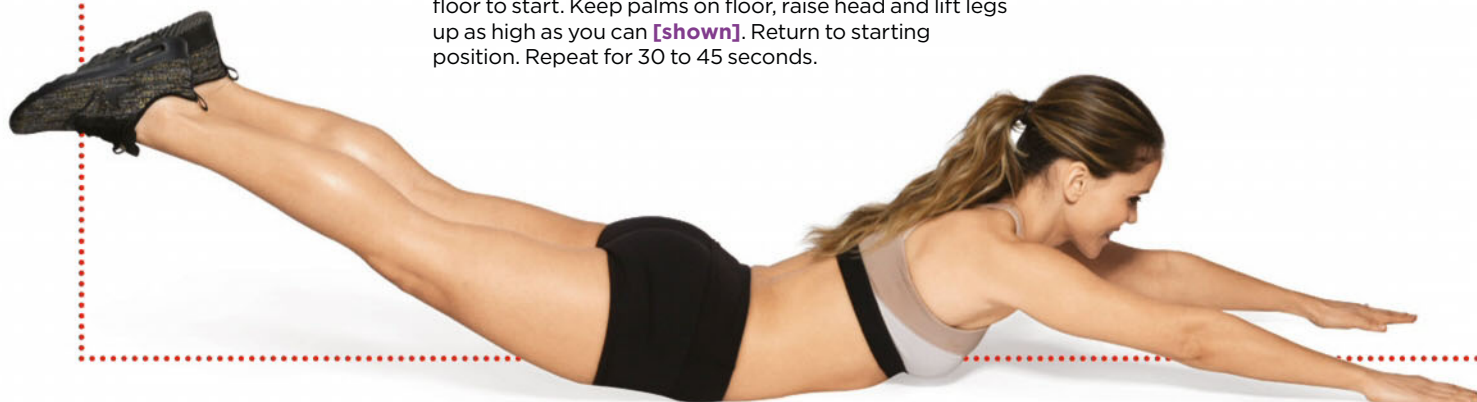
“Think about how you want to look and feel. Use that to fuel your motivation during the workout”

– Dawn

6) SUPER LEGS

Works back, abs, butt

Lie facedown with legs extended and tops of feet resting on floor and arms straight out, palms down, forehead on floor to start. Keep palms on floor, raise head and lift legs up as high as you can **[shown]**. Return to starting position. Repeat for 30 to 45 seconds.



“The further you tip your body,
the more challenging and
effective the move will be”

– Scott



B

7) STANDING SIDE-CINCH

Works shoulders,
biceps, obliques, butt,
outer and inner thighs

Stand on left leg and hold a weight in each hand, arms at sides. Extend right arm overhead with palm facing forward and right leg out to the side at hip height **[A]** to start. Slowly bend right elbow down and right knee up to meet in a side crunch at chest height **[B]**. Return to starting position. Repeat for 30 to 45 seconds. Switch sides; repeat.



A

8) CURL OUT

Works biceps,
butt, quads,
hamstrings

Stand with feet hip-width apart and hold a weight in each hand, right elbow bent and right arm at chest height with palm facing up, left arm at left side **[A]** to start. Shift weight onto left leg and rotate hips and torso to the left, straightening and extending right arm up at a 45-degree angle and right leg back and up **[B]**. Return to starting position. Repeat for 30 to 45 seconds. Switch sides; repeat. **[B]**



B

6 ISSUES FOR ONLY \$29



SUBSCRIBE NOW



02 9439 1955



shapemagazine.com.au



Please send to **SHAPE Magazine**, PO Box 81,
St Leonards NSW 1590 or fax it to 02 9439 1977
or email subs@shapemagazine.com.au



To net a better metabolism boost from running, you need to think beyond sprints: add strength, not speed. "Interspersing sets of bodyweight exercises with short stints of running gives you a high-intensity interval workout that increases calorie burn both during your session and up to 21 hours after," says fitness expert and triathlete Nathaniel Oliver. Even more, studies show that recreational runners who include strength training in their routine become faster, stronger and more injury-proof. Try Oliver's formula over the page – three minutes of running, one minute of toning and then repeat – to melt up to 300 calories and sculpt all over in less than half an hour. Run and done!



PUMP UP YOUR RUN

**GET MORE BURN AND FIRM OUT OF YOUR
USUAL LOOP – NO SPRINTING REQUIRED**

By Amy Roberts

YOUR WORKOUT

INTENSITY

Moderate to hard
(RPE:* shoot for a 7 to a 9 out of 10)

TOTAL TIME

25 minutes

YOU'LL NEED

A watch

HOW IT WORKS

Start with the warm-up, then begin your run.

CALORIES BURNED

300**

*Rate of perceived exertion

**Calorie burn is based on a 63.5kg woman.

GET THIS WORKOUT TO GO

Download the **Motion Traxx** app (Android and iOS) to hear an audio version of this plan with beat-matched tunes. New users get five free workouts at sign-up!



WARM-UP

Do an easy 3-minute jog, followed by 30 seconds each of high knees, butt kicks, toy soldiers (kick one leg straight forward to hip height while windmilling opposite arm to bring fingers to touch toes; alternate sides) and jumping jacks.

0 to 3 minutes Run at a slightly challenging pace. **RPE: 6 or 7**

3 to 4 minutes

Do reverse lunges, alternating sides. **Make it harder** Do split-leap lunges, alternating sides: do a reverse lunge, then jump up, switching legs in midair to land with opposite foot forward.

4 to 7 minutes Jog, going slightly slower than your starting speed. **RPE: 5 or 6**

7 to 8 minutes

Do incline push-ups with hands on a bench or a step (you can do standard push-ups if neither is available). **Make it harder** Do Spider-Man push-ups: As you lower, bring one knee out to side towards elbow, then return leg to start position as you press up; alternate legs.

8 to 11 minutes

Run. **RPE: 6 or 7**

Tip If you're doing an out-and-back route, turn around at this halfway point in the session.

11 to 12 minutes Do squats. **Make it harder** Do squat jumps.

12 to 15 minutes

Jog. **RPE: 5 or 6**

15 to 16 minutes

Do triceps dips on a bench or a high kerb (sit on edge of seat or kerb, palms flat on either side of hips with fingers facing forward; scoot hips off and in front of seat, then bend elbows behind you to lower; press up). **Make it harder** Do single-leg triceps dips: Straighten both legs and lift one 15cm off ground. Switch legs at 30 seconds.

16 to 19 minutes

Run. **RPE: 6 or 7**

19 to 20 minutes

Do mountain climbers. Get in plank with palms on ground or a kerb and alternate driving bent knees forward towards chest. **Make it harder** Do twisting climbers: Draw each knee to opposite elbow.

COOL DOWN, LIMBER UP

Do these simple stretches from coach Nathaniel Oliver while just-worked muscles are still warm.

DANCER POSE

Soothes shoulders, back, hips, quads

Stand on left leg. Bend right knee to grab foot from behind with right hand, holding on to a tree or a lamppost for balance with left hand. Press right foot up and back into right hand, extending right arm and leg behind you. Hold for 30 seconds. Switch sides; repeat.

STANDING ANKLE-OVER-KNEE

Soothes hips, butt, IT band

Stand on left leg and bend right knee to bring ankle to rest above left knee (legs should form a 4). Hold onto a lamppost for support and lower into a single-leg squat until left leg bends 90 degrees. Hold for 30 seconds. Switch sides; repeat.

LUNGE TWIST

Soothes back, quads, hamstrings, IT band, calves

Lunge forward with left leg (left knee bent 90 degrees, right leg straight). Lean forward and twist torso to left, pressing palms together in front of chest and pressing right elbow against outside of left thigh. Hold for 30 seconds. Switch sides; repeat.

FORWARD FOLD

Soothes shoulders, hips, hamstrings, calves

Stand with feet hip-width apart, hands clasped behind back (flip them so palms face out). Bend forward from hips, bringing torso to thighs and lifting arms as high and forward as possible. Hold for 30 seconds. Repeat.



GET A BETTER BUTT

BY ALYSSA SHAFFER
PHOTOGRAPHS BY DUSTIN SNIPES
PRODUCED BY TARA CANOVA

Looking to give your backside a boost? These powerful moves put your rear front and centre by working all aspects of your gluteal muscles. "Some glute exercises are suited for maximising muscle tension; others are better for producing a burn. This workout involves all the primary actions of the muscles, using a variety of rep ranges to target the different muscle fibres," says trainer Bret Contreras, aka "the Glute Guy," who created the workout on these pages. "It's designed to encompass all the methods for developing a muscle, which ultimately will give you the amazing glute shape that you want." Brazilian-born fitness model **Nathalia Melo** shows us how to put it all together with some of her favourite booty pick-ups.



BARBELL HIP THRUST

WORKS: *Glutes, quads, hamstrings*

- Sit on floor, leaning with upper back against a flat bench, knees bent and feet flat on the floor. Place a padded barbell across hips.
- Pushing up through heels, lift hips until thighs are parallel with floor and torso and core are in line with quadriceps; keep ankles directly under knees (A).
- Hold one count, squeezing glutes at the top of the movement. Slowly lower glutes towards floor without touching all the way back down (B). Do a total of 10 reps, 2-3 sets.

TIP
Make sure not to arch your spine or hyperextend your lower back, and don't rise onto toes





TIP
Don't allow
Your front
knee to
travel past
your toes as
you bend
your leg

DEFICIT BULGARIAN SPLIT SQUAT

WORKS: *Glutes, quads*

- Stand to one side of a flat bench, with top of right foot on the bench and left foot on top of an aerobic step about 60cm in front of the bench (no risers). Hold a dumbbell in each hand with arms at sides, palms facing in **(A)**.
- Slowly bend both knees to about 90 degrees, allowing your right leg to go lower than the step height **(B)**.
- Push through heel to rise back to start position.
- Perform 8 reps; switch sides and repeat. Do 2-3 sets.

PAUSE GOBLET SQUAT

WORKS: *Glutes, quads*

- Stand tall with feet hip-distance apart, toes turned out slightly (about 30 degrees), holding a dumbbell vertically with both hands in front of chest, elbows close to sides **(A)**.
- Bend knees into a deep squat, bringing elbows in between knees. Keep weight over heels and torso upright **(B)**.
- Pause for a three-second count at the bottom, then push up through heels back to start. Repeat for a total of 8 reps, 2-3 sets.

TIP
Don't shoot
your hips up
faster than
your knees



HAIR BY RONI HALE & MAKEUP BY SHAYLA PEREZ FOR RAIN COSMETICS; STYLED BY TARA CANOVA; TOP BY LABELLE MAFIA; SHORTS BY LULULEMON; SNEAKERS BY NIKE



A



B

TIP
Feel the stretch in your hamstrings as you lower weight towards floor

CABLE QUADRUPED

WORKS: *Glutes*

- Place a flat bench in front of a cable machine. Attach an ankle strap around right leg using the lower weight stack. Kneel with left hand and left knee on bench, right foot resting on floor (A). (You can hold weight rack with right hand for support or keep it on the bench.)
- Lift right leg straight behind you to hip height, squeezing glutes at the top of the movement (B). Slowly lower foot without touching floor; repeat for 20 reps. Switch legs and repeat. Do 2-3 sets per leg.



A

TIP
Keep a neutral spine; don't overarch at the top of the movement



B

AMERICAN DEADLIFT

WORKS: *Glutes, hamstrings*

- Stand tall with feet shoulder-distance apart, holding a barbell in front of thighs with an overhand grip (palms facing thighs).
- Bending forward from hips, slowly bring barbell to about knee level, pushing glutes behind you; arch spine slightly as you lower down (A).
- Reverse the movement, tilting pelvis up slightly as you stand; push hips forward and squeeze glutes hard at the top of the movement (B). Do a total of 2-3 sets of 8 reps.

PAUSE SINGLE-LEG HIP THRUST

WORKS: *Glutes, quads, hamstrings*

- Sit on floor between two flat benches placed about 90cm apart. Place bottom of left foot on front bench and lean back on rear bench, raising both arms out to sides at about shoulder height. Lift right foot slightly **(A)**.
- Pushing through left foot, extend hips upwards, bending left knee about 90 degrees to form a straight line through back of body, squeezing glutes. Keep right knee bent and higher than left leg **(B)**.
- Pause at top for three seconds, then lower down, touching glutes briefly to the floor before repeating. Do 8 reps; switch sides and repeat; do 2-3 sets per side.



TIP
Use a full range of motion, reaching full hip extension at the top



SIDE-LYING CLAM RAISE

WORKS: *Glutes*

- Lie on left side with knees bent in front of you, legs stacked, supporting upper body with forearm on floor under shoulder. Place right hand on hip **(A)**.
- Lift hips off floor, using glutes to drive the movement. As you come up, lift your right knee above hips while keeping your lower left leg on the floor **(B)**.
- Lower back down, bringing legs together. Do 10 reps; switch sides and repeat. Do 2-3 sets total. **5**

TIP
Squeeze
glutes hard at
the top of the
movement

THE HEALING POWER

OF TOUCH

BY JOANNE CHEN



Walking barefoot, cuddling a kitten, slipping into silky-soft PJs: little moves like these can slash stress, ease pain and make you feel closer to others, research reveals. Here, the science behind sensations that have big mental and physical benefits.

P

Picture this scenario: you're on a movie date, watching the on-screen character who slowly peers around a corner as she tries to evade the villain – when suddenly the music swells and he pops up right behind her! You jolt, grab your date's arm and hold on as your heart pounds.

Science is finding there's a real reason you solicit touch in moments of fear, anxiety and pain, and it's not just for moral support. The answer lies in the millions of sensory receptors found in your skin. When they're activated – by a squeeze, embrace or massage, for example – they signal the brain to produce hormones, like oxytocin, with powerful pain-killing and stress-relieving properties, according to a recent report in the journal *Frontiers in Psychology*.

The unfortunate thing is we tend to only seek out someone's touch when we're hurting or scared. And so we're short-changing ourselves, because certain sensations can enhance pleasurable emotions too, making you feel happier and closer to loved ones. These tips will help you tap into that power.

HUG IT OUT

A warm embrace activates sensory receptors called Pacinian corpuscles, says Dr Tiffany Field, director of the Touch Research Institute at the University of Miami School of Medicine, US. In response, they send calming messages to the vagus nerve, which extends into the heart, lungs and stomach. The outcome: your heart rate slows and your blood pressure drops, making you feel less tense. (Curling up with a furry friend triggers the effect too, Swedish research shows.)

Hugs also appear to bolster immunity: when scientists from Carnegie Mellon University, US, exposed 404 adults to a cold virus, frequent huggers were less likely to get sick than the touch-averse.

SLIP INTO SOMETHING SOFT

We subconsciously associate soft fabrics and objects with childhood (a cosy baby blanket, a parent's loving caress), so feeling softness against our skin triggers a sense of safety and comfort, says Dr Emilana Simon-Thomas, science director at the University of California, Berkeley's Greater Good Science Center, US. There's research behind it: when you touch something soft, your cortex registers it as soothing. That, in turn, activates the reward centres of the brain. You may not have your blankie anymore, but you can replicate the way it made you feel by making your bed with flannelette sheets or splurging on silky PJs.

FEEL THE HEAT

Like soft textures, warm sensations may also tap into memories of comfort and being cared for: when people hold warm drinks, they tend to feel "warmer" or more receptive to and accepting of others as well, find researchers from Yale University and the University of Colorado Boulder, US. Even the hot feeling of sunlight on your skin may raise oxytocin levels, making you feel more cooperative and less tense, according to new research from Sweden. So ditch the down jacket, slather on some SPF 30+ and soak in the bliss.

SPEND TIME IN NATURE

Just being outside can make you feel upbeat, energised and less



Walking barefoot on sand or grass enhances the built-in mood boost you get from being outdoors

stressed, and touch amplifies these benefits, notes Dr Simon-Thomas. To maximise the mood boost you get from the great outdoors, try running your fingertips across flower petals or tree bark, or walking barefoot on grass or sand.

GET REGULAR RUBDOWNS

A massage delivers the same immune-boosting relaxation effects of a hug, and then some: the constant pressure ramps up blood flow throughout the body and keeps it high for 72 hours after, report researchers from the University of Illinois, US. This may reduce inflammation, ease pain and charge energy. Don't have the time or the funds for a standing appointment? Ask your partner to lend a hand – even a 10-minute rubdown is beneficial. (If he balks, tell him this: both giving and receiving a massage offer an increase in oxytocin.) You can also try using a foam roller on tight muscles post-workout, which counts as a form of self-massage. **S**

Speed queen

Caroline Buchanan, 24, has been BMX racing for almost 20 years and one is one of Australia's most successful athletes. But her ride to glory is only just beginning...

I got into BMX riding because I followed my big brother Sam who started racing when he was eight. I had to do everything he did! My first race was way back in 1995, when I was five.

The Olympic sport of BMX involves strength, power, speed and technical ability. Races involve speeds of up to 60kph on tracks that are around 350 metres. Races only go for 25-40 seconds so it's pretty explosive. Launching from an eight metre start hill with very technical jumps and three 180 degree turns is pretty challenging.

I also compete in mountain biking. I love both events for completely different reasons and I have been very successful at both. Even though I have won three Mountain Bike World Championships I still see it as being my down time, as a source of relaxation. It's the venues, the vibe at events and all the people involved.

I also compete in downhill and came fifth at the World Championships in 2013. Downhill is very technical and involves dodging lots of trees, getting through rock gardens, going down very steep inclines, over slippery rocks and tree roots and having the stamina to still jump and pedal for up to six minutes.

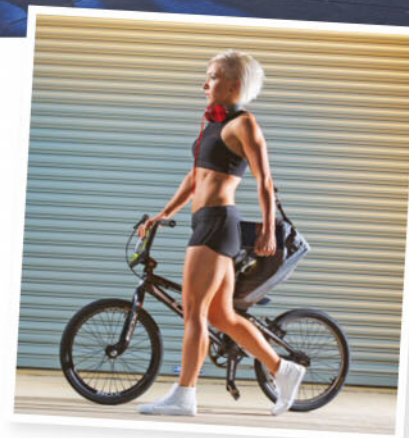
I gained three rainbow jerseys in Four-cross, which is very similar to BMX but where BMX has eight riders on a very steep start ramp and lots of very technical jumps on a very groomed track, Four-cross has only four riders on a small start ramp but it's conducted on the side of a mountain over obstacles, logs, rocks and jumps and the race itself is much longer.

Downhill and Four-cross aren't Olympic sports so it's way more relaxed. BMX is business. It's high pressure and the vibe is so different. Whether it's a national series event, a World Cup or the World Championships, those coveted UCI [Union Cycliste Internationale] points are ruling people's lives, and the closer we get to the Olympics the more pressure there is for countries to get points to qualify as many riders as possible.

I won the Manchester BMX World Cup event for a second time this April. These World Cup events differ from normal BMX races as the start hills are at least eight metres high and the tracks are quite technical and are built for only elite and junior elite riders to compete on.

The World Championships at the end of July is the major BMX event each year, but the Olympics every four years is the pinnacle. I was in London for the 2012 Olympics. I won the Time Trial (which wasn't a medal event) and I won most of the lead-in races, but unfortunately I slightly mistimed the start and ended up coming fifth in the final.

But for me, the 2009 Four-cross World Championship was by far my fairytale night. It was held at Stromlo Forest Park, which is my local spot in Canberra. You can't beat winning your first world title in your home town! There were 10,500 screaming supporters, including my hairdresser, primary-school teachers, the local butcher, friends and family. I have been competing at BMX World Championships since I was eight, and



that was my first win in racing at a World Championship – it was so sweet!

I am a great supporter and advocate for women in sport as both of my passions are male-dominated sports where there has been very little done to equalise sponsorships and pay cheques for women. In Australia and the USA women get one third of the prize money for most BMX events, and half in most elite events at world level.

In 2014 I started the all-girl BMX team called Buchanan Next Gen to help mentor and provide financial support to young girls in the sport with potential, to get the necessary equipment and overseas race experience necessary for them to realise that potential. The team now comprises of Mikayla Rose, 15, Paige Harding, 12, and Tayla Robertson, 9, who will all be going to the World Championships in the Netherlands in July. **B**

Caroline is an ambassador for the Layne Beachley's Aim for the Stars Foundation, which helps young women realise their dreams. She has also been a face of Bullying – No Way and is currently a Rexona "I will do" ambassador.



THE NATURAL CHOICE IN SUPERFOODS

-ORGANIC-
**BEETROOT
MAQUI
+GOJI**

-ORGANIC-
ACAI
POMEGRANATE
+WILDCRAFTED
CAMU-CAMU

-ORGANIC-
KALE
COLLARD GREENS
+BROCCOLI
SPROUT

-ORGANIC-
**SACHA
INCHI**
TURMERIC+
GUBINGE

-ORGANIC-
**LUCUMA
CHIA+**
WILDCRAFTED
COCONUT

-ORGANIC-
**MACA
CACAO+**
MESQUITE

isowhey.com.au



FREE OF CHARGING

vívofit® 2 activity tracker with 1 year battery life.



STEPS



TIME



MOVE BAR



STEP GOAL



CALORIES



SLEEP



WIRELESS
SYNC



WATER
RESISTANT



1+ YEAR



ACTIVITY TIMER



BACKLIT
DISPLAY



AUTO SYNC